

FJORD NORWAY

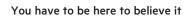
www.fjordnorway.com



Indescribable travel experiences

Fantastic, dramatic, spectacular, authentic or unique? It is difficult to find words to properly describe Fjord Norway, considered by many to be the world's best and most diverse destination. Words are inadequate because there is, without a doubt, something truly unique about the mountains, fjords, waterfalls, glaciers, cultural landscape, the people and the fjord cities. What more can you actually say about what National Geographic Traveler magazine has called 'the world's most iconic destination'.

The Fjord Norway Travel Guide 2017/18 provides an overview of, insight into and useful information about the travel destination. Here, you will find descriptions of attractions, activities and practical information that will make it easier to prepare your dream trip. Of course, we leave the actual trip in your hands. We wish you a warm welcome to Fjord Norway and the world's most indescribable destinations.





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Fjord Norge AS / Fjord Norway is a service company which markets the Fjord Norway region, aiming at travel operators and the international tourist public. The company is owned by public and private sector companies with an interest in tourism. This guide is published by Fjord Norge AS/Fjord Norway, for free distribution at home and the control of the cand abroad. Circulation: 180.000 copies. Information about the products is based on information supplied by the participants, and Fjord Norge AS/Fjord Norway does not accept responsibility for errors. Editorial closed April 2018. Right to amend prices is reserved.

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Top attractions

UNESCO sites, world famous hiking trips and the world's most significant road trips: Fjord Norway can offer all this and much more.



























Nærøyfjorden

Fjord cruise and sightseeing – enjoy the view from the deck

Majestic mountains that rise straight up from the fjords form the backdrop to fantastic scenic adventures. The fjords are UNESCO-listed and have been voted the world's top nature-based attraction in a number of polls. On a fjord cruise or a ferry trip, you will experience scenery that will take your breath away. From a ringside seat.



Møsevatn, Folgefonna

Freeze the right moment

The blue ice. The magnificent mountains. And you, with an ice pick.

The glacier experiences in Fjord Norway are unparalleled, with large glacier arms flowing through the lush green landscape. The ice's incredible crevices, cave formations, frozen towers fighting against gravity, and rock-strewn slopes with hardy plants that seem to flower out of nothing.

A trip to the edge of a glacier or a walk through an ice labyrinth is the highlight of many visitors' holiday in the fjord landscape. There are many great glacier arms that are worth a visit in Fjord Norway. The Jostedalsbreen glacier is the biggest glacier in Norway, and you can get to it from several places. Glacier experiences are on offer in Nordfjord, Sunnfjord and Indre Sogn. Jondal and

Odda are the best starting points for trips to the Folgefonna glacier.

A number of companies organise glacier walks adapted to the physical fitness or adventurousness of the participants. Guided glacier walks are also available in a number of places, and you can kayak to the glacier on Styggevatnet lake and Møsevatnet lake. If you want to learn more about this fascinating natural phenomenon, you can visit the Breheimsenteret Visitor Centre in Jostedalen and the Norwegian Glacier Museum in Fjærland.

If you are lucky enough to experience the glacier at its best, you get a souvenir into the bargain: an everlasting memory of the blue ice.

www.fjordnorway.com/glacier



Nærøyfjorden



Geiranger fjorden

Ferry trip or mini cruise?

You can join a comfortable sightseeing boat on the fjords that will ensure you the best views and guiding en route. And if you decide to see the fjords by car, the round trip is broken up by many ferry trips. Although a lot of bridges and underwater tunnels have been built, there are still around 70 ferry services in the region. They connect islands with the mainland and cross the beautiful fjords in a number of places. A trip on a ferry is a perfect break, a short, cheap mini cruise! If you are travelling as a foot passenger, there will usually be a seat available, but it might be a good idea to make a booking for your car if you are planning to take one of the most popular ferry crossings.

If you are travelling without a car, Fjord Norway also has an excellent network of express boats,

which can quickly transport you from the big cities to the innermost arms of the fjords and the outermost islands. Some of the boat companies sell "hop on, hop off" tickets which enable you to spend days exploring places en route. Cycling is a great way of exploring many of the islands along the coast, and bikes can be taken on boats as special luggage.

Once on board you can enjoy a cup of coffee and Fjord Norway's not-to-be-missed ferry snack: A traditional svele pancake.

www.fjordnorway.com/ fjord-cruises-and-sightseeing

FJORD

YOU HAVE TO BE HERE TO BELIEVE IT

Hiking and Active Holidays in Fjord Norway

Few places in the world have such varied scenery like the Western Region of Norway. Discover fabulous hiking areas along the largest fjords and several National Parks offering great walks / trails from Barren glacier-scoured mountains to lush forests landscapes. Climb wonderful mountains rising majestically along the coastline or directly from the depths of narrows fjords and / or participate in a safe walk on the blue ice of a glacier arm.



Kristiansar

Top hikes in Fjord Norway

There are hundreds of scenic walks to choose from in the region, and this is just a short list of the most spectacular walks.

Even though there are a multitude of paths for self-guided hikes available we highly recommend that you book a qualified guide for the more challenging and alpine climbs.

You can find information on how to prepare, grading and safety on page 13 and at fjordnorway.com/things-to-do/hiking

Hiking near the cities of Fjord Norway

Easy hikes & city walks

One of the unique aspects about the Fjord Norway region is that several of its towns and cities are the perfect starting point for short and long mountain walks.

Places like Bergen, Haugesund, Molde, Kristiansund, Ålesund and Stavanger all offer exciting walking opportunities.

A hiking holiday in Fjord Norway can be enjoyed by all types of people – you do not have to be super fit. Those who seek big adventures will find them, but there are also numerous short, gentle paths that are perfect for families with children or anyone who simply prefer to take it easy. Just make sure you find out which hiking routes are suitable for your level. There are a multitude of paths for self-guided hikes available.



Aksla, Ålesund

Aksla, Ålesund

K EASY				
Length: 9.6 km	Time:	1½ hours		
Start: City center	End:	City center		
Season: All year				

Mount Aksla is a popular walking destination, and offers lots of different options. The mountain is easily accessible directly from the town centre. Start counting as there are 418 steps up to the viewpoint Fjellstua. There is a well-marked walking trail across the mountain to Gangstøvika. For your return walk west to Byparken return by walking

west on the Borgernes road along the fjord. The walk is a total of 9.6 km and takes around 11/2 hours. It is also possible to drive up to Aksla Stadium, where there is a large car park and a well-marked starting point for walks, including the aforementioned round trip or other shorter walks

Geirangerfjord & Norway in a nutshell®Round trip. www.fjordtours.com

www.visitalesund.com



Fløyen, Bergen

Across the plateau from Mount Ulriken to Mount Fløyen in Bergen

⅍ MEDIUM				
Length:	15 km	Time:	2-5 hours	
Start:	City center	End:	City center	
Season:	All year			

The walk across the mountain plateau is one of the best known walks in the mountains that surround Bergen. These high mountains are easy to access from both Mount Ulriken and Mount Fløyen and can be enjoyed in all seasons. Set aside plenty of time to enjoy the scenery and the fantastic views. The route makes for a great ski trip when there is snow. The walk from the Ulriksbanen station to the Fløibanen station is around 15 km and takes approx. 5 hours up and 2 to 3 hours down.

Norway in a nutshell®Round trip.
View tour or book at www.fjordtours.com

www.floibanen.no, www.ulriken643.no, www.bergenbasecamp.no



Skageflå, Geiranger

Skageflå

☆ MEDIUM			
Length: Less then 1 km, but a very steep trail	Time: 1 hour		
Start: Geiranger	End: Geiranger		
Season: May to September			

The trip begins with a fjord cruise on the famous Geirangerfjord. Skageflå is an abandoned mountain farm perched on a mountain ledge 250 metres above the Geirangerfjord with a view of the Seven Sisters (de Sju Søstre) waterfalls and the mountain farm Knivsflå on the oposite side of the fjord. The hike up to Skageflå takes roughly an hour. You can choose whether to go back down to the boat or hike back across the mountain to Geiranger.

Geirangerfjord & Norway in a nutshell®Round trip. www.fjordtours.com

www.geirangerfjord.no



Preikestolen

Preikestolen

† CHALLENGING				
Length: 7.6 km	Time:	4 hours		
Start/end: Geiranger				
Season: May to Octobe	er			

Preikestolen (The Pulpit Rock), on the Lysefjord in Ryfylke not far from Stavanger, is one of Norway's biggest tourist attractions. More than 270,000 people hike up to the breath-taking mountain plateau every year.

You can combine a hike to the Pulpit Rock with a boat trip

on the Lysefjord to make it an extra special experience. The hike is about 6 km and takes around 4 hours there and back.

Accommodations nearby:

www.preikestolenfjellstue.no www.hjelmelandspa.no www.ryfylkefjordhotel.no

Guides.

www.outdoorlifenorway.com

Trolltunga

† DIFFICULT				
Length:	27.5 km	Time:	10-12 hours	
Start:	Skjeggedal	End:	Skjeggedal	
Season: 15th June to 15th September				

Trolltunga, one of Norway's most spectacular hikes, is located in Hardanger. The return hike is around 20 km and takes 10 to 12 hours there and back. The difference in altitude is around 900 metres. It is possible to walk out on the Trolltunga ledge, but be careful! The hike to Trolltunga is in a high mountain area, where weather may change quickly and conditions may get harsh. Ensure

to wear appropriate clothing and sturdy footwear, and bring a map, compass, food and drink. Contact the Tourist Information in Odda for information and a map. The hike starts in Skjeggedal and there are lots of attractions along the route, including the Ringedal dam, potholes and the Trolltunga. Those who are feeling adventurous can also take a guided bike/hiking/via ferrata climbing route to the Trolltunga with a guide from Trolltunga Active. Consider carefully whether you are in good enough shape and have the right equipment before you set out. Plan carefully and start early in the day. Check the weather forecast before starting the hike. There is no mobile phone coverage along the route.

Guides:

www.trolltunga-active.com www.folgefonni-breforarlag.no



Trolltunga

Accommodations

www.trolltungahotel.no www.hotel-ullensvang.no www.hardangerfjordlodge.com

Aurlandsdalen

Aurlandsdalen

* CHALLENGING					
Length: 21 km	Time:	7-8 hours			
Start: Østerbø	End:	Vassbygdi			
Parking and shuttle bus from Vassbygdi to Østerbø (30 min) Bus schedule: Kringom.no					
Season: June to September					

The Aurlandsdalen valley will take your breath away, with the wild river gouging its way through the landscape and the fantastic views. The valley is wild, beautiful, and it is rich in history and culture. You can hike for days and stay in Trekking Association cabins, or go on shorter walks

combined with bus trips or take your own car. Aurlandsdalen and Nærøyfjorden, located at the end of the Sognefjord, are hiking areas with plenty of other outdoor adventures within easy reach. A few ideas are to go kayaking on the fjord, cycle from 1,222 to 0 metres above sea level and to join a RIB safari or fjord cruise. It is all there in one destination, making sure that you do not need to spend time on transfers.

Read more at www.visitflam.com.

Accommodation:

www.aurlandsdalen.com aurlandsdalen.dnt.no

Guides:

www.fjordsafari.com

Mount Skåla, 1,848 Metres

† DIFFICULT				
Length:	16 km	Time:	8 hours	
Start:	Loen	End:	Loen	
Season: June to September				

Mount Skåla is located in Loen, Nordfjord. Kloumannstårnet (tower) on the top of Mount Skåla is without question Norway's, if not the world's, most unusual cabin. The top is located in the Jostedalsbreen National Park, and the view across glaciers, fjords and mountains is fantastic. Mount Skåla is considered to be the highest mountain in Norway with its 'Foot in the fjord'. The uphill race

'La sportiva Skåla 1848 meter straight up' is held every year in the middle of August. It is a 16 km hike up and down and takes approx. 5 hours up and 2 to three 3 down.

Accommodations

www.alexandra.no www.visneshotel.no www.sande-camping.no

Guides

www.loenactive.no www.norgesguidene.no www.uteguiden.com www.breogfjell.no



Skåla, Nordfjord.

Romsdalseggen

Romsdalseggen Ridge

A CHALLENGING				
Length:	10 km	Time:	5-7 hours	
Start:	Vengedalen	End:	Åndalsnes city centre	

Roundtrip. Shuttle bus from Tourist Office in Åndalsnes to Vengedal. Time table and ticktes at visitandalsnes.com

Season: June to September

The hike across Romsdalseggen ridge is in the heart of the most beautiful mountains in Norway - with views

that will take the most seasoned mountain hiker's breath away, and with fjords and mountains, peaks and waterfalls everywhere you look. From the Romsdalseggen ridge, there are spectacular views of Åndalsnes the capital of Norway's mountain peaks, to the Rauma river on the floor of the Romsdalen valley, to the Trollveggen cliff and the Trolltinder peaks - and all the way to Molde and the ocean to the west. There are three different routes, one easy, one of medium difficulty and one extreme route that requires a mountain guide. It is a ten km hike and it takes around five to seven hours.

www.romsdalseggen.com

Innerdalen

K EASY				
Length:	3.8 km	Time:	1 hour	
Start:	Nerdalen	End:	Nerdalen	
Season: May to October				

Maximum beauty and majesty per cubic metre. 'The landscape changes incredibly quickly as you cross the terrain, and the distances between the wonders of nature are remarkably short,' said the philosopher Arne Næss about Innerdalen in Nordmøre. Innerdalen is perfect for day trips - also for families. There is a carriage road from the car park to the summer pasture farm that takes an hour to walk at a gentle pace (3.8 km). In the valley, you can visit the Norwegian Trekking Association's cabins Renndølsetra or Innerdalshytta. Both are open during summer, and you can spend the night or just buy a cup of coffee and a waffle. The distinctive cone-shaped Innerdalstårnet mountain (1,452 metres) is an obvious goal in Innerdalen. The area has an alpine landscape with more than 100 summits ascending to 1,500 metres, it is an eldarado for summit walks.

www.visitnorthwest.no





Langfossen

CHALLENGING				
Length: 1.75 km	Time: 2 hours			
Start: Åkrafjorden	End: Åkrafjorden			
Season: April to October				

Langfoss is the fifth highest waterfall in Norway. CNN named in 2011 Langfoss to one of the world's 10 most beautiful waterfalls. The total vertical height is 612 metres. The path up along Langfoss was originally the old mountain road from the Eljarvik farm to Langfoss støl (mountain farm), located on the plateau above the waterfall. There is a lot of great stonework along the trail. Earlier gene rations have struggled up and down with livestock and heavy loads of butter and cheese from the mountain farm. The first part of the walk is steep up through the pine forest. Some places and especially when you get above the timberline, there are wonderful view points. You look down at the Eljarvik farm and beyond the Åkrafjord. To the north you see Mosnes and into the valley that forms the southern end of Folgefonna National Park. The Folgefonna glacier is towering in the background towards the summit at 1638 MASL, which is the highest point in the municipality of Etne.

Book a guided tour at www.aakrafjorden.no www.visithaugesund.no

Bondhusdalen

K EASY				
Length:	5.2 km	Time:	2 hours	
Start:	Bondhus	End:	Bondhus	
Season: April to October				

The Bondhusdalen valley may be the most beautiful valley on the Folgefonna peninsula. The walk is on a gravel road, from the car park in Sundal to Bondhusvatnet lake. From the lake, there is a lovely view at the end of the valley of the Bondhusbreen glacier, an arm of the Folgefonna glacier. There is a path along Bondhusvatnet lake further up the valley for those who wish to walk on

towards the glacier. The walk to Bondhusvatnet lake is roughly 5.2 km, and it takes two hours there and back. The walk is suitable for prams, bikes and motorised wheelchairs.

Parking: From Sundal through Bondhusbygda, it is 500 metres to the car park at the entrance to the Bondhusdalen valley. Please note! When parking, allow enough room for tractors to pass.

www.visitsunnhordland.no



Glacier Walks



Guided glacier walks are available on Nigardsbreen glacier every day all summer, ranging from easy family walks for everyone over the age of six to longer blue-ice walks for a more challenging experience. No prior experience is required. Guided walks should be booked a day in advance. For buses from Sogndal to Nigardsbreen, see www.jostedal.com/brebussen.

Family walks, full-day walks and walks with overnight stays are also available on the Tunsbergdalsbreen and Austdalsbreen glaciers – combined with kayaking or a boat trip on the glacial lake.

See: Breheimsenteret: www.jostedal.com – Jostedalen Breførarlag: www.bfl.no – Icetroll: www.icetroll.com fjordactive.com

In Hardanger, Folgefonni Breførarlag offers guided walks on Folgefonna glacier. Drive up to the glacier from Jondal. Season approx. 20 June to 30 September.

www.folgefonni-breforarlag.no

Day trips from Bergen, see ${\bf www.fjordtours.com}$

In Nordfjord, Briksdal Adventure offers guided walks on Tystigbreen glacier near Stryn Summer Ski Centre. Season: July to August/September.

www.briksdaladventure.no



Nigardsbreen, Sogn og Fjordane



View of the Nordfjord and Olden, Loen Skylift

Hiking at Mt. Hoven - Loen Skylift to 1011 m

K EASY			
Length:	Time:	1-10 hours	
Start: Loen	End:	Loen	
Season: All year			

Loen Skylift is a spectacular new attraction and adventure arena, at the inner part of the Nordfjord, in the heart of Fjord Norway. A Cable Car will lift you from the fjord to 1011 m. Reaching the top of Mt. Hoven (1011 m) you will be rewarded with unforgettable fjord landscape.

And you can enjoy it from the restaurant table, or while hiking in the mountains.

Wonderful hiking trails are waiting for you as you arrive to Mt. Hoven with Loen Skylift. All trails with magificent views of the fjord landscape and Jostedalsbreen National Park. Choose between easy short hikes and more challenging full day hikes. The trails located near Loen Skylift are finished, and more trails will be built in the coming years. The trails are waymarked and signposted by international standards. High quality and sustainability are key factors.

Guided tours are offered by Loen Active.

www.loenactive.no

The Fjord Route



The Fjord Route starts at Kvernberget airport in Kristiansund and consists of 13 cottages from the ocean to the pristine mountains, distributed along the 150-kilometre-long trail route. The route can easily be divided into shorter trips.

The whole route consists of 190 km of marked footpath and it can easily be divided up into shorter trips. Many of the cabins can be accessed easily by a short walk from a nearby road, and there is also car or bus access. This is the only marked footpath that starts at an airport (Kristiansund), which has good connections to Oslo, Bergen and Stavanger.

www.visitnorthwest.no www.kntur.no



Fjordruta, Kristiansund, Møre og Romsdal



Kayaking in Gudvangen on Nærøyfjorden

The Best of Mountains and Fjords



A Seven-day Fjord Adventure Package. Hiking, Sea Kayaking and Biking.

As one of two fjord regions in Fjord Norway, the Nærøyfjord was registered on the UNESCO World heritage list in 2005. The fjord is 17 kilometres in length and only 250 metres wide at the narrowest point. This Seven-day Fjord Adventure Package will give you a great taste of what this amazing area can offer. By exploring the fjord, eating local food, learning about local culture, hiking and/or biking in the mountains and sea kayaking in the Nærøyfjord - you will encounter an active, stimulating and authentic experience of the fjords.

Available 2018: July 13th / 20th / 27th and August 3rd Prices from: NOK 15.597

www.myrkdalen.no/en/
the-best-of-mountains-and-fiords

© Sverre Hjørnevik, www. fjordhorway.com

Hornelen, Sogn og Fjordane

Mount Hornelen

∱ DIFFICULT					
Length:	13 km	Time:	8 hours		
Start:	Hunskår End: Hunskår				
Season:	May to October				
Guides:	norway-adventures.com				

At 860 metres, the precipitous Mount Hornelen in Bremanger is the tallest sea cliff in Europe. From the summit, you can enjoy spectacular views of the fjord, mountains and the ocean. If you dare, you can lie down at the edge and look almost vertically down at the passing

boats 860 metres below. Few mountains in Norway come with so many legends and myths attached as Mount Hornelen, or Smalsarhorn as it was called in Norse times. According to superstition, the witches gather on Mount Hornelen both on Christmas Eve and on Midsummer night to dance with the devil. The walk to Mount Hornelen is 13 km long, and it takes about eight hours to get to the top and back.

Guided walks available. www.fjordkysten.no www.norway-adventures.com

Kjerag

* CHALLENGING				
Length: 9.8 km	Time: 5 hours			
Start: Kjerag Restaurant End: Øygardsstølen at Øygardsstølen				
Season: June to September				
Guides: outdoorlifenorway.com				

NB! Do not hike to Kjerag without a guide in the winter! Outdoorlife Norway offers guided hikes off season. At 1084 metres, Kjerag towers above the other peaks along the Lysefjord. It has been traditional to admire this mountain face from the fjord, but in recent years, it has become increasingly popular to walk up the path to the plateau. Most people are happy just to enjoy the view of the Lysefjord from the plateau itself, but for some hikers, the climax of the excursion is to be photographed on the Kjeragbolten, a round rock wedged solidly in a mountain crevice. Kjerag has also become a popular attraction for mountain climbers and base jumpers.



Kjerag, Rogaland



r iørii siairs

Flørli Stairs and Rallarstien – Hike

* CHALLENGING				
Length	4.8 km	Time	3 hours	
Start:	Flørli	End:	Flørli	
Season: May to October				
Guides: outdoorlifenorway.com				

The Flørli stairs have 4.444 steps and is one of the longest wooden staircases in the world. The staircase follows the watergates supplying the hydropower station at the quay. The stairs end at the Ternevass Dam and here you will be rewarded with the view of the Lysefjorden and the Preikestolen.

ONE WAY TRIP! We strongly advise that you only climb up the stairs, and descend by one of the round trips. Going down is potentially hazardous, and may cause difficulties for other hikers ascending.

If you want to conquer all the 4444 steps, but do not want a long trip, you can follow a 100-year-old trail from the top and down to Flørli again. The trail was originally used by navvies da dam at Tern Lake would be built. The dam was begun in 1918 and the entire facility was completed in 1920.

Bakkanosi

* CHALLENGING					
Length 20 km	Time	8 hours			
Start: Jordalen	End:	Jordalen			
Season: June to September					

Although the hike to Bakkanosi is long, the terrain is relatively kind. The reward for making the climb to the top is a stunning view of the Sognefjord and of the UNESCO World Heritage site at Nærøyfjord. The view from the 1398-metres summit looking straight down to the Nærøyfjord is breathtaking.

Park your car in Jordalen and set off through Slettedalen towards Slettedalstjørni. Continue from here to the summit at Bakkanosi.

Since the trail is not marked it is recommended that only experienced hikers attempt this journey and only when the weather permits.

The trail for this hike is not marked. A map of the area and a compass are therefore necessary. You will need a car to get to the starting point.



 $Bakkanosi, 1398\,m$

© Benjamin F



Mt. Saksa Hjørundfjord

Saksa in the Sunnmørs alps

CHALLENGING 8km Time:1 hour Urke in Norangsfjord End: Urke Season: May to September

Mt. Saksa is one of the absolute favorite mountains in the area around Hjørundfjorden due several reasons. One reason is for sure the view from the top, you see all the way in to the end of Hjørundfjorden in one direction and out to Ålesund in the other. It's also one of the summits in the area that have the best fjord panorama for sure.

Accommodations: www.unionoye.no

www.sagafjordhotel.no www.norangdal.com www.hjorundfjord.no

Guides:

www.uteguiden.com www.fjordfjell.no www.breogfjell.no

Guided hikes – trekking tours

The use of a qualified experienced Guide when you explore the fjord landscape has many advantages. Guided hikes are safe, a good social experience and informative. In Fjord Norway, we have some of the countries most qualified experienced Guides.

Guided hikes exist for all levels, you can find anything from easy walks such as city walks to demanding mountain hikes.



View Slogen

Hvitserk of Norway

Hvitserk of Norway offer nature-based adventure holidays for active explorers in Norway.



Hvitserk has skilled guides and local partners across the length and breadth of our beautiful country.

For more than 30 years, Hvitserk has organised exciting journeys for adventurous people to all corners of the world. At the same time as they have taken people to exciting destinations globally, their focus in recent years has been trips to Norway.

See the Following:

Top 7 Adventures 2018: www.hvitserk.com/fjord-norway

Discovery Route - Norway

Discovery Route is the historic tourist route (Highway marked RV 13) through Fjord Norway, from Stavanger to Bergen. Established in the 1880s when travellers arrived by horse and carriage, they experienced this spectacular landscape of mountains, glaciers, crystal clear rivers, roaring waterfalls and pristine fjords.

Today, this natural backdrop creates a unique diversity of outdoor activities and adventures. Whilst travelling the Discovery Route, your accommodation will be provided by historical hotels (De Historiske). Throughout, you will witness iconic hiking trails, famous waterfalls and some of the most visited tourist attractions in Norway; for example, Preikestolen and Trolltunga.

discoveryroute.no

Color code	Suitable for	Altitude metres	Type of path	Degree of elevation/exposure
X	Beginners No special skills required Mainly short walks Special symbols mark the areas suitable for wheelchair users/prams	< 300 m > 5 km	 Tarmac, gravel, forest roads and good paths Work done on paths to enable easy walking Firm, even and obstruction-free path No streams to be crossed 	Moderate ascents, but no steep or difficult sections
X	BeginnersWalkers of average fitnessBasic skills	< 600 m > 10 km	 Similar to green trails, but can have more challenging sections Can be rocky but no demanding scree No streams to be crossed 	 Most ascents are moderate, but can include some steep slopes Certain sections can be considered precipitous for some
*	Experienced walkers Good stamina Good equipment and hiking boots required	< 1000 > 20 km	 Path, open terrain, rocky, scree and rugged mountains Crossing streams, traversing steep slopes and long stretches of both loose rock and marshland Up to two streams to be crossed 	Several types of ascents and challenges Several precipitous and exposed sections Can include technical challenges and parts that require some climbing
*	Experienced hikers Good stamina Good equipment and hiking boots required Knowledge of maps and use of a compass	No maximum	Longer and/or more technical trails than 'red' Can include a number of streams to be crossed	Typical walks are long summit trips with steep ascents on uneven paths Can have precipitous and exposed sections sections/passages where scrambling is necessary Narrow ridges, smooth rock, scree etc



Molden

Here is a list of the most important things you should bear in mind before going hill-walking.

The Norwegian Mountain Code

1. Be sufficiently experienced and fit for your intended tour.

Make sure the length of the walk is adapted to your physical and mental fitness, your prior experience and the equipment you bring along. Check the classification of the walk and assess the route.

2. Leave word of your route.

Leave word of your route with your accommodation provider or with family/friends who are not going along on the walk. If you have left word of your route and change your mind, you must try to notify someone. Mobile phones don't always work in the mountains, so don't arrange to call home.

3. Be weather wise.

4. Learn from the locals.

Locals can provide information about areas where there is a risk of avalanches/rockslides, which route to take, how long a walk will take and general conditions in the mountains. Contact your accommodation provider for more information. It is recommended to use a guide in demanding terrain or on trails that are not waymarked.

5. Be equipped for bad weather and cold, even on short walks.

See more information under 'Equipment'.

6. Use a map and compass.

Learn to use a map and compass, and always bring them with you on walks. A sat nav (GPS) is also a useful aid.

7. Don't go solo.

8. Turn back in time: sensible retreat is no disgrace.

Demanding terrain

Glaciers: Some of the walks in the mountains involve crossing glaciers, which requires both knowledge and equipment. Using a guide is recommended. Watch out for falling ice at the edge of the glacier, and for cracks in the ice.

Steep terrain: Some walks are in steep terrain. Stick to the path, and use trekking poles. In boulderfields, you must take care not to lose your balance and dislodge rocks that could hit you or others.

Crossing rivers: Do not attempt to cross a river unless you are certain that you can get across. Do not try to jump across or skip from stone to stone in streams if there is a chance you could lose your balance. The best place to cross a river is where it is shallowest and where the water is most slow-moving. Cross diagonally upstream against the current. Using trekking poles is recommended.

Season and climate

Season: The walking season usually lasts from May until October, but this varies depending on the location, altitude etc. The season also varies from year to year, so ask at the reception desk or at a tourist information office if you are unsure about where you can go walking.

Daylight: Check when it gets dark (depends on time of year).

Rescue Service

Call emergency number 112

Equipment

Walkers have to be prepared for all types of weather in the mountains, even in summer. You must therefore bring along clothes and equipment that are suitable for use in good weather, but also for snow, rain and wind. The weather can change quickly.

Map, Compass and GPS

Food and drink: Bring enough food and drink for the duration of your walk.

Clothes: Wear a layer of wool next to your skin, then a fleece top and a windproof jacket. Bring rainwear as well.

Footwear: Wearing sturdy footwear is very important – mountain boots are recommended.

 $\mbox{\bf Bivouac sack:}$ Good to crawl into to shelter from the elements.

Mobile phone: Bring your mobile phone with you, but remember you won't always get a signal.

First aid equipment: Bring basic first aid equipment.



© Anders Gjengedal - Visitnorw

Sea-Kayaking

Kayaking is the ultimate way to explore Fjord Norway's magnificent coastline and fjords. You travel by self-propulsion, gliding across the waters with little sound. In a kayak you get to really feel the elements on your body.

Kayak the Fjords

Kayaking is the ultimate way to explore Fjord Norway's magnificent coastline and fjords. You travel by self-propulsion, gliding across the waters with little sound. In a kayak you get to really feel the elements on your body.

A guided Fjord Norway kayaking tour may take you anywhere from the open waters around the areas of Solund and Sotra archipelago and crystal clear sea on the coastline to the sheltered fjords of Inner Sogn and Geiranger with their immense mountains surrounding you. In a kayak you may get in close contact with wildlife, there are possibilities of encountering seals or otters, watching birds, relishing the sight of otters playing and enjoying the beauty of eagles circling the sky high above you.

Fjord Norway is a coastal paradise where you can kayak almost anywhere, in a kayak you are surrounded by the stunning nature, you are bound to experience a strong feeling of physical and mental wellness.

Fjord Norway consists of innumerable small cozy villages at the mouth of the Sognefjord on the islands of Solund with friendly local people who may be eager to engage in a chat with visitors.

Stay Comfortable

Those who do not desire overly comfortable lodging can choose cozy hotels or fishermen's cabins, spending time in the open under the stars is regarded as the ultimate way to experience the spirit of the coastline and Fjord Norway.

Fjord Norway has everything from locations which are world famous such as the Geirangerfjord and Nærøyfjord to the small pearls of villages off the beaten track like Hardbakke and Kalvåg, yet to be discovered by mass tourism.

Expand your Horizon

Observing and contemplating your surroundings as the small craft which is your kayak moves through the fjords by your own effort, spending a few hours under the sky, on the water, absorbing the variety of colors in the stunning nature, this is all a relaxing and enjoyable experience.

Being out in the open waters around Austrheim or Dalsfjorden is very meditative, the experience allows your brain to let go! Freeing yourself of the thousands of thoughts that at one time raced through your mind. Kayaking takes you into a peaceful and tranquil state and enables you to live and enjoy the moment. Immerse yourself in the idyllic town of Balestrand whilst surrounded by an artist's paradise where you can paddle in the tranquil waters of the Esefjord as you set off towards hikes of the surrounding Vindrekken and Tjugatoten.

Few sports are suitable for all levels of fitness, provide the opportunity to meet great people, incorporate nature's most scenic sites and have great physical benefits. Kayaking is unique as it is suitable for everyone, singles, couples, families and friends.



Kayaking Olden



Kayaking in Ålesund

Discover the Possibilities

"It's not difficult to find great hikes in Fjord Norway. You can kayak in the ocean before heading off to start your hike in the mountains or even paddle to your destination. You can do both in one day because everything is fairly compact and assy acceptible."

At Fjord Norway we relish in the fact that we respect nature and as such when in the midst of it we travel as stewards of our surroundings and practice Leave No Trace. On your journey through Fjord Norway you will be guided by professionals who have spent time perfecting their skills and continue to hone their craft in the guiding arts. They are well traveled throughout Fjord Norway and trained in minimizing your exposure to unnecessary risks.

High lights Sea kayaking in Fjord Norway

Visitnortwest

- Smøla
- Molde/Romsdal

Ålesund&Sunnmøre

- Geiranger
- Hjørundfjorden
- Ålesund city/Brosundet

Nordfjord

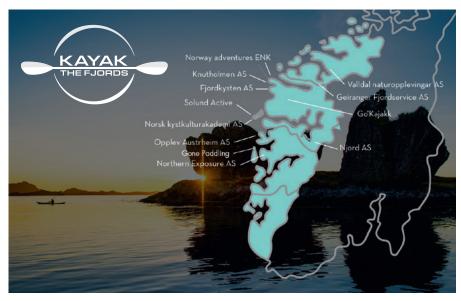
Lodal lake

Bergen & Sognefjord

- Flåm & Nærøyfjord
- Sollund
- Islands outside Bergen City

Stavanger, Ryfylke& Haugesund

- I vsefiord
- Botnefjorden Preikestolen Kayak Canoe
- Karmøy Oppkoma





Kayaking the fjords gives you the best kayaking experience in Fjord Norway.

KAYAK THE FJORDS

In the Bergen area

Join us on a kayaking trip in the fantastic surroundings north of Bergen for a three-hour guided tour of the sheltered inland islands and reefs of the Herdlefjord and the Hjeltefjord. Shuttle transport from Bergen centre.

In the island paradise of Solund

The archipelago of Solund with its 1,700 islands is located just two hours north of Bergen. Here, you can visit an authentic community far removed from busy tourist areas. You can go on a guided day tour that focuses on the coastal culture and local food or you can go on a multi-day tour, whichever you prefer. You can also visit Norway's westernmost point, Utvær Lighthouse.

In the Sognefjord

The Old King's path starting in Flåm. A sea kayaking tour and a short hike combined, the ideal way to experience the Fjords of Norway. We paddle to Fronneset, a place of historical importance with burial mounds from the Viking

era, and follow a winding path along a wild river, passing amazing waterfalls and bubbling lagoons.

In the Geiranger area

Guided sea kayaking tour to Fjørå

Round trip starting and stopping in Valldal. This is a good trip for beginners. Just long long enough and in lovely surroundings. Lunch pack included.

A guided kayaking tour in the beautiful UNESCO Geirangerfjord

Go on a personal adventure, exploring the vast untouched wilderness of this remote, abandoned fjord farm. During this hike you will be able to see both the majestic 'Seven Sisters' waterfall and the 'Suitor' waterfall.

Rent a kayak

Rent high-quality equipment at competitive prices. We have all you need for everything from a gentle paddle on the fjord to an expedition! Let one of our guides help equip you for your next adventure! All of our destinations rent out kayaks.

Tailor-made

Maybe you have special wishes or you simply haven't found what you are looking for, dates don't fit your schedule or you would prefer to spend your holiday with your own private group. There are many good reasons for contacting us and sharing your thoughts, wishes and dreams, so that we can work together on making your dream trip come true.

For more information and booking go to **kayakthefjords.com**









Cycling in Fjord Norway

It's not the distance that's important, it's what you experience en route. Scenery, people, the weather, the smells and sounds.

On a cycling holiday in Fjord Norway, your senses come to life. Western Norway offers idyllic roads in abundance. The professional cyclist will find some of Europe's toughest mountain passes, with fantastic views of the fjords and mountains. Families with children can enjoy cycling on level roads on islands out along the coast that are almost traffic-free, both on the Fjord Coast and on the coast of Møre. You are free to take your bike on one of the many express boats that connect the islands with the mainland, or on the North Sea Road in the far south of the region. There are great cycling trails in the region with accommodation available en route.

If you want to experience the mountain scenery at its very best, you can cycle on gravel roads in the mountains. On the Rallarvegen Navvies' Road from Finse or the Aursjøvegen road between Eikesdal and Sunndal you will get a real sense of wilderness, the likes of which you normally only get on foot. Or you can try terrain cycling on one of the prepared terrain tracks that have been built at the ski centres in the $region. \, If you \, are \, feeling \, adventurous, get \, your \, map \, out \, and \,$ find the best trails yourself.

Whatever you decide, a cycling trip in Fjord Norway offers great experiences, challenges and pleasant meetings with the friendly locals. And blueberries grow by the roadside.

www.fjordnorway.com/bike



Kaupanger



Atlanterhavsvegen

© Mattias Fredriksson / www.fjordnorway.com



Ski all year

What is the recipe for a great skiing experience? Simple. You need two ingredients. Good skiing terrain. And snow - preferably lots of it. The Fjord Norway region has an abundance of snow-clad mountainsides for skiing enthusiasts at all levels. And there is snow all year round. On Folgefonna and in Stryn, skiers will find the best summer skiing in Europe.

Let's be honest, the ski resorts in Fjord Norway can't compete with the Alps in terms of the number of ski lifts and visitors or the volume of the disco music on the slopes. But you will find many well-run ski resorts that are among the very best as regards the amount of snow, snow quality and their spectacular locations.

The skiing season is long in Fjord Norway. In the spring, the summit skiing season is at its best. The Sunnmørsalpene and Romsdalsfjellene mountains and the mountains to the north and south of the Jostedalsbreen glacier have been voted the best summit skiing areas in Norway. There are many places in the region where mountain guides will guide you from the fjord up to the tops of mountains. If you are looking for a memorable experience, we can recommend a combination of sailing and skiing in the steep and spectacular fjords of North Western Norway. Or end your skiing holiday by surfing on the winter waves at Stadt.

And by all means: You don't have to be a skier to experience the region during winter. You can also combine a trip to Fjord Norway with a city break or a round trip and see the fjord scenery at its most dramatic - covered in snow and ice.

www.skifjordnorway.com

Main ski resorts

Bergen & Voss vossresort.no myrkdalen.no

Ålesund & Nordfjord region alpepass.no

strandafjellet.no

Sognefjord area sogndalskisenter.no sognskisenter.no

Stavanger & Haugesund sirdal-skisenter.no roldal.com



 $\textbf{STRANDAFJELLET}. \ This newly \textit{re-opened ski resort is situated by the entrance to the UNESCO Geiranger fjord \textit{area}. \textit{Take and the UNESCO Geiranger flower flower$ Northern Europe's largest express-lift. The area gets more than six metres of snow each year. It's one of Fjord Norway's best kept secrets. (By the way, the skier is just ten metres off piste – it could be you!).

Summer ski resorts

strynsommerski.com

Fjord Norway - tailor-made for ski touring

Norway is perhaps best known for two things: fjords and skiing. Get a quintessential Norwegian experience by combining the two in one trip. Formed over centuries by shifting glaciers, the fjord landscape consists of giant peaks that descend into deep valleys with crystal clear waters. This is more than a stunning backdrop – it is almost like the mountains were tailor-made for ski touring.

For your own safety and find the best conditions make sure to use local and certified mountain guides (UIAGM) For experiences mountaineers which prefer self-guided trips, you can check the avalanche forecast for the region at varsom.no.



Strandafiellet



Hjørundfjorden



Stryn

FJORD

YOU HAVE TO BE HERE TO BELIEVE IT

The Fjord Cities

In FjordNorway, nature is part of the cities, and the cities are part of nature. Large, yet small communities with the ords and coast right on their doorstep.

The cities in FjordNorway reflect the personality of the people who live there. They are shaped by the landscape, surrounded by the ocean, cultural landscape

and mountains. As a visitor, you will see that the past and modern city life go hand in hand. A long seafaring, fishing and trading history has made its mark on the cities, but they are also characterised by modern technology and forward-looking industries. Their rich cultural life is inspired by local traditions and impulses from the outside world.

There are many other towns in FjordNorway that offer fantastic experiences. Kristiansund, Molde, Florø and Haugesund are just a few examples of towns that each have their own distinctive charm. But hospitality, a rich history and exciting experiences are common denominators for all of them – and nature is right on their doorstep

Ålesund

© Per Eide/visitnorway.com



STAVANGER

- THE CULINARY CITY

Stavanger is surrounded by a green, fertile coastal landscape, and is only a short distance from the dramatic scenery of the Lysefjord. Some of the region's top restaurants, which are known for their creative use of local produce, are found in this area. Old wooden houses and charming shopping streets form the heart of this modern. cosmopolitan city.

Stavanger is a great starting point for day trips to the Lysefjord and spectacular hikes to viewpoints such as Preikestolen (Pulpit Rock) and Mount Kjerag.

There are interesting museums where you can learn about everything from Viking history to modern oil production. Just outside the city, you will find lovely, long beaches with fantastic surfing conditions.



HAUGESUND

- HOMFLAND OF THE VIKING KINGS

Situated on the coast between Stavanger and Bergen, Haugesund is a charming coastal town. This is the area where the Viking Kings had their Royal seat. Visit Avaldsnes and the Nordvegen history centre to learn about the history of the Viking Kings and how they lived. In summer, Haugesund hosts a herring festival, a jazz festival and the Norwegian International Film Festival



BERGEN

- THE GATEWAY TO THE FJORDS

Bergen is the gateway to the fjords. Its location between the Hardangerfjord and the Sognefjord makes it the perfect starting point for day trips to these fjords. The old Hanseatic Wharf at Bryggen, situated beside the city's lively Fish Market, is on UNESCO's World Heritage List. The city has a rich cultural scene with both classical and contemporary music and art. The world's third largest Munch collection is to be found at KODE Art Museums.

Bergen is a Creative City of Gastronomy and many of the city's excellent restaurants pride themselves in making food based on local traditions and produce, with a new and innovative touch. You can easily get to the top of two of the seven mountains that surround the city centre by cable car or funicular.



ÅLESUND

- THE ART NOUVEAU TOWN

Ålesund lies in a spectacular location on narrow islands, where the fiords of Sunnmøre meet the sea. The city has a long, interesting history, and it is known for the distinctive Art Nouveau architecture of the city centre, which was rebuilt after it was ravaged by fire in 1904. Its location makes it a unique starting point for a multitude of activities and experiences. From the city centre, it only takes an hour to experience everything from the ocean, unique island communities and beautiful fjords lined by sheer mountainsides plunging into the sea. Alesund is also a fantastic starting point for exploring the peaks of the Sunnmøre Alps.



Romsdalsmuseet

- CITY OF JA77 AND ROSES

Molde is known for jazz, roses and its fantastic view. From the Varden viewpoint (407 metres), you can enjoy the famous Molde panorama with its 222 partially snow-clad peaks. Every summer, the Moldejazz jazz festival features world famous artists and attracts teeming crowds.



Kristiansund

KRISTIANSUND

- CITY OF ISLANDS

Kristiansund is situated on four islands, and offers both cultural and culinary experiences. For centuries, fresh cod was salted, dried and refined into the product clipfish, which is considered a delicacy in southern climes. And spices and culture were shipped back in exchange. Today, an opera festival, an international photography festival and, of course, clipfish are an integral part of the town's identity.



Draken, Avaldsnes, Rogaland © Tove Virata Bråthen

Cultural contrasts

A culture that reflects nature. Local traditions remixed with international trends. Prepare to be surprised.

Zoom out and see how the landscape has formed Norwegian society. The towns and cities along the coast have always faced the world, surrounded by small communities that have harvested nature's bounty. The roads cut through mountains and along deep fjords, and pass buildings and cultural landscapes that bear witness to different periods in the region's history. We have a big heritage to look after.

Unique, historical landscape paintings in art galleries. Music that reflects the dramatic scenery and the myths that surround it, performed by world-class philharmonic orchestras.

But culture is not something we put behind glass and fondly look back on. It is created every day. The people who inhabit the fjord landscape are carriers of a legacy extending far back in time. And, at the same time, they are shaping the future, and drawing inspiration from the world at large. This is what characterises the cultural scene in Norway: constant interaction between international trends and local traditions, humour and gravity, craftsmanship and improvisation.

Fjord Norway is best known for its unique landscape, but it is culture that fills it with life. Bergen has been a European City of Culture and Stavanger a European Capital of Culture. You will find well-known music festivals, art galleries and a big creative undergrowth with everything from black metal to colourful poetry. But culture also plays a big role in small communities, with an international music festival in Førde, an opera in Nordfjord and a film festival at Sognefjellet. Fjord Norway is teeming with life, if you look for what you don't expect to find.

Use your senses, and soak up the full range of experiences on offer. Make the leap from the UNESCO-listed historical buildings at Bryggen to the innovative architecture along the Norwegian Scenic Routes, and from Edvard Grieg's national romantic music to electronica that features on hit lists around the world, from 19th century landscape paintings to street art on a house wall.

This is what awaits you. Transitions, from what has been to what is coming, from the historical to the innovative, between depth and surface – a culture that has roots, but that is nonetheless in constant flux.

 Go to a rock venue and hear exciting local names, or – if you're lucky – well-known international bands from the region, such as Kygo, Aurora, Datarock, Kings of Convenience, Röyksopp or Enslaved.

- Learn more about Edvard Grieg. Visit his home Troldhaugen in Bergen or walk in his footsteps in the mountains that inspired his music.
- Visit one of the small, unique art galleries in the region, such as Studio Hugo Opdal in Flø – out at the ocean's edge.
- Pay a visit to the exciting art galleries or art events in the region – such as the KODE art museums in Bergen or the street art festival NuArt in Stavanger.
- Go to a festival off the beaten track such as the Bygdalarm festival in Kvam (Hardanger) or Utkantfestivalen, out at the ocean's edge in Skjerjehamn in Gulen.
- Enjoy jazz of an international calibre at Moldejazz by the Romsdalsfjord, Nattjazz in Bergen, Maijazz in Stavanger, Vossa Jazz in Voss or the Sildajazz festival in Haugesund.
- Experience opera out at the ocean's edge at the Opera Festival in Kristiansund, or a fusion of Norwegian folk music and world music at Førde Traditional and World Music Festival.
- Attend one of the historical pageants large outdoor theatres that stage historical events – such as Herøyspelet or Mostraspelet.

See www.fjordnorway.com/whats-on



Sildajazz Jazz Festival, Haugesund



Stavanger Concert House



 ${\it Juvet\,Landskapshotell}$



Ålesund



 $Kode\, 4-Nikolai\, Astrup.\, Out\, of\, the\, Shadows$







Koengen, Bergenhus Fortress, Bergen



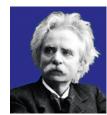
 ${\it Gladmat food festival in Stavanger}$



Lysøen, the violin-virtuoso Ole Bull's villa



The Norwegian Book Town, Fjærland www.bokbyen.no



Visit Edvard Grieg's home at Troldhaugen (Bergen)



Ægir Bryggeri, brewery in Flåm



Barony Rosendal

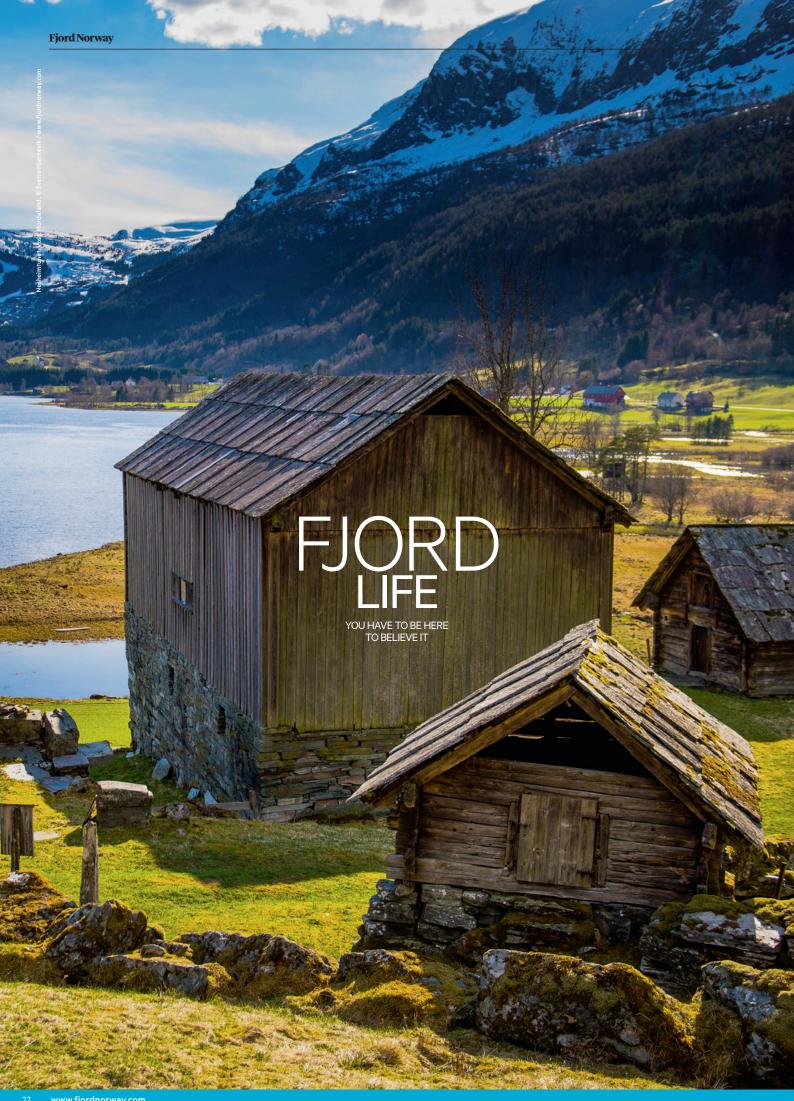


Bukkøy, Vikingfarm, Avaldsnes



 $Selje\,Monastery$







THE COAST: A long coast line, large stretches of open sea and many fjords mean that Norway is ideally placed to harvest the bounty of the sea. Fisheries have been an important part of people's livelihood and culture along the coast for many centuries. Some fishermen also organise fishing trips for tourists.



FJÆRLAND: Den norske bokbyen (the Norwegian Book Town) sells used books in beautiful Fjærland



Resilient and hospitable. Warm and visionary. The people of Fjord Norway play, live and work among the forces of nature. Why not just say hello. See what happens.

The people of Fjord Norway are individualists who don't conform to a stereotype. They live in tiny island communities at the ocean's edge, in mountains villages, fjord villages and cosmopolitan towns and cities. Each and every one of them lives close to nature. In Fjord Norway, there are big differences between the seasons. The long winter in which a thick layer of snow covers the mountains. A bubbling spring. A summer full of contrasts. And autumn, when nature puts on its most colourful display.

These changes, in the weather, in the seasons and in the landscape make the local people impulsive and good at identifying opportunities. With the forces of nature ever

present, it's only natural that the people of the region are active and like to spend their leisure time in the great outdoors. You are bound to meet a local or two whether you go walking, fishing or kayaking down rapids. It might be a good idea to ask for advice or go on a trip with a local guide. There's no shortage of nature experiences in Fjord Norway – there's plenty to go around!

Fjord Norway is situated on the west coast facing the rest of the world. For thousands of years, this region has been involved in international trade. The local people are proud of their traditions, but they are also inquisitive and open to trends from elsewhere. They are not all talkative to start with. But they are genuine, pleasant, inquisitive people, just like you.

It might be a good idea to say hello to a local. You never know what will happen!



THE SIMPLE LIFE: Many people seek a more simple and wholesome existence. The film "The people by the fjord" (Folk ved fjorden) depicts two elderly farmers and how they keep the old farming traditions alive.



BIKES AND GOATS: If you cycle the Navvies' Road (Rallarvegen) to Flåm, you are likely to come across many goats.



THE BEST INGREDIENTS: In Norway, we can harvest from nature's fantastic larder-which means that we have first-class ingredients at our disposal. Here, the chefs from Lysverket restaurant in Bergen are foraging for mushrooms.



ARTISANS AT BRYGGEN: Goldsmith Per Vigeland is one of several artisans keeping old traditions alive at Bryggen in Bergen.



Magnificent scenery.

RYFYLKE AND THE STAVANGER REGION

- where the fjord adventure starts

Beautiful scenery featuring the Pulpit Rock, Mount Kjerag and the Jærstrendene beaches. A colourful cultural scene and great culinary experiences. Follow the Norwegian Scenic Routes through Ryfylke and Jæren and experience lively urban scenes.



Ryfylke

Magnificent fjord experiences awaits you in Ryfylke. This fjord region is close to the cities of Stavanger and Haugesund, and it is very easy to get to. Norwegian Scenic Route Ryfylke, the Rv 13 road and the Fv 520 road are the main traffic arteries through Ryfylke. The road extends from the famous Lysefjord in the south, then passes through beautiful villages and small towns on the way north, crosses several fjords. On the last leg to Røldal in the north, you can drive across the Røldalsfjellet mountain or follow the valley through Suldal and Nesflaten. Make many stops along the route, and find peace of mind in Ryfylke, Go for a walk in the mountains or go sightseeing on the fjord. Try kayaking or fishing in lakes and rivers. Experience great architecture such as Allmannajuvet and Høsebrua bridge. Count the fish at the salmon studio at Sandsfossen falls in Suldal, and taste early strawberries from Fister and delicious fruit from the orchards in Ryfylke.

Reisemål Ryfylke AS NO-4130 Hjelmeland Tel. +47 51 75 95 10 info@ryfylke.com www.ryfylke.com



Follow **Destination Ryfylke** on:





Region Stavanger Vågsgata 22, 4306 Sandnes Tel. +47 51 85 92 00

The Stavanger Region

info@RegionStavanger.com www.RegionStavanger.com

Follow **Region Stavanger** on:





urban and cultural scene, fjord and mountain scenery, and magnificent islands. Try kayaking,

cycling, surfing and kiting on the beaches of Jæren – or hunting, fishing and climbing. In the

southern part of the region, you can see some exciting geological formations; in fact, you

would have to travel all the way to the Moon to find the like of this unique terrain. Stavanger

offers you a taste of city life with gourmet restaurants, excellent shopping, cosy cafés,

Northern Europe's largest concentration of old wooden houses, and Stavanger Cathedral.

This is Norway's food capital, with world-class cuisine including lamb, seafood, vegetables

and fruit from local producers. The city has a rich cultural scene and was European Capital

of Culture in 2008. Many museums and lots to do for families with children.



Allmannajuvet.



Kayaking in Ryfylke.



Reautiful heaches



Exciting museums.

Family Holidays

in nature's playground!

Playing is all about seeing possibilities and being spontaneous. Being open to magical moments. If you are travelling in Fjord Norway with children, you should go as the road takes you. Take a detour with a good conscience, and make sure you make the most of the opportunities offered by the scenery and the weather. If the sun is shining, you can find beautiful beaches by the coast. A glacier is a labyrinth. There are a million trees to climb in, and as many small trout that are easy to catch with a worm on a hook.

Children are the best guides in a playground stretching from the fjords to the mountains, from pebbled beaches all the way up to the summer ski centres. There are trails everywhere leading to vantage points and boulders to climb on and self-service cabins with outdoor toilets. At activity farms, you can ride horses, feed the pig or pat the sheep. Blueberries grow in abundance everywhere.

There are teeming crowds in the towns during the summer. Open-air concerts, ice cream and lots of fun attractions will quiet even the most restless three-year-old. At the aquariums in Bergen and Ålesund, you can see fascinating sea creatures at close hand. In Hardanger, you can visit a large, modern hydroelectric power plant at Sima in Eidfjord, and learn about the history of Norway's energy-intensive industry in Tyssedal and you can take a relatively easy walk in the Lysefjord to the most spectacular cliff in Europe. And if you want to raise your adrenalin level, you can visit Kongeparken amusement park in Rogaland. Or dive from the five-metre board.

An adventure awaits in every corner of Fjord Norway. You just need to find them. And the local shop always sells ice cream!



Otternes museum, Aurland



Mikkelparken, Kinsarvik



Via feratta Loen



Voss Vind, Voss

www.fjordnorway.com/children



Direct flights to Bergen from more than 70 cities

Bergen Airport avinor.no/bergen





Røværholmen

This is the area where Vikings used to live and where the Viking Kings had their Royal seat. Visit Haugesund and you will experience the best of what Norway has to offer. Fjord, waterfall, coast- and city culture, the unique Viking history, glacier, mountains and sea, idyllic islands and lighthouses are among what you will find in this region.

Haugesund may well be the best starting point for your adventure in Norway. Regardless of where you find yourself in the region, you are never far from a recreational outdoor area. Haugesund is midway between Bergen and Stavanger on Norway's west coast, the landscape is rich in history, and brings to mind both "Game of Thrones" and "Vikings." The region consists of varied terrain ranging from heaths with tracks extending out over the fertile landscape to breath-taking mountain summits.

Here you may learn more about the Vikings and get to experience the scenic areas of saga landscape, towering mountains and the wild sea. Haugesund has many cultural scenes to visit for theatre or comedy shows. The annual jazz festival "Sildajazzen" attracts international jazz musicians and music lovers to

town every August. Haugesund is also the home of the international film festival attracting national and international actors and filmmakers. And what's more; staying in Haugesund offers the opportunity of experiencing some of the most spectacular hiking trips in Norway, Trolltunga and the Pulpit Rock. Not forgetting glacier trips at Folgefonna or visiting one of the most beautiful waterfalls in the world, Langfoss in Åkrafiorden.





Haugesund

1. HAUGESUND

Haugesund is a small town on the west coast of Norway. This is the area where Vikings used to live and where the Viking Kings had their Royal seat. Visiting Haugesund, you will meet a cosy coastal town that has a lot to offer for everyone.



Langfoss





Avaldsnes

2. AVALDSNES

- NORWAY'S OLDEST THRONE

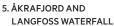
Ever since the time before the Viking Age, Avaldsnes was a place of power. This is where the Vikings ruled the fairway that gave name to Norway – the way north. Around 870 King Harald Fairhair made Avaldsnes his main royal estate, which was to become Norway's oldest throne. Today, we still find Olav's church at Avaldsnes, as well as Nordvegen History Centre and the Viking Farm. These are all places of importance for the Vikings and the history of Norway.



Skudeneshavn

3. THE OLD TOWN OF SKUDENESHAVN

Old Skudeneshavn is one of the most well-kept old towns of Europe. Skudeneshavn is a white haven situated at the southern tip of Karmøy. Its narrow streets, the idyllic harbour and the old white wooden houses may charm you to stay for longer than you planned to.



The great Langfoss waterfall drops 600 meters down to the fjord below. Just an hour or so from Haugesund, you may experience the waterfall that CNN voted one of the most beautiful waterfalls in the world. Driving alongside Åkrafjorden, it is impossible to miss Langfoss waterfall. The road brings you just next to the waterfall, and if you roll down the windows as you pass by in your car, you can feel the light drops of the waterfall on your skin.



4. THE ISLANDS OF RØVÆR AND UTSIRA

Experience small idyllic communities located outside the coast of Haugesund. Here, you can relax, take in the silence and appreciate life away from everyday hustle and bustle. Enjoy summer-open restaurants, apartments, hotel and hostel accommodation, guided tours, village museums, marked trails, country stores, and guest harbours and service amenities for boat guests.

Røvær – Today, Røvær has only 110 inhabitants and one car.

Utsira – Situated in the middle of the North Sea, a visit to Utsira is quite exotic. Utsira has for a long time been known as one of Europe's best places for bird spotting, now it has become one of the most windblown and picturesque backdrops for modern European street art.



Langfoss



Bryggen (the Wharf)

As a European City of Culture, World Heritage City and UNESCO City of Gastronomy, Bergen offers world-class experiences and culture. Being the Gateway to the Fjords of Norway, the Bergen region has the ideal combination of nature, culture and interesting urban attractions - all year round. Bergen is an international city packed with history and tradition, a big city with small-town charm and atmosphere. Bergen likes visitors. And Bergen is worth a visit. Welcome!

Our city may be modest in size, but it is packed with attractions that fascinate visitors. Lively traditions live side by side with a vibrant cultural scene. Our Hanseatic heritage is one of many reasons for Bergen's status as a European City of Culture.

Bergen will enchant you regardless of the season. Spring and autumn each have their beautiful palette, summer is teeming with joyous activities, and in winter you can combine your stay with snow-filled adventure at a nearby ski resort. Year round you can experience the Norway in a nutshell® excursion.

1. BERGEN'S ART STREET

Bergen has an impressive collection of unique Norwegian and international art treasures ranging from the classical to the contemporary. The collections are housed in a row of galleries lining the picturesque Lille Lungegårdsvann lake in the heart of the city. Permanent and changing exhibitions throughout the year. Major collections of Munch, Tidemand and Gude, Picasso, Miró and Astrup as well as contemporary art. and KunstLab, a children's art museum, can be found at the KODE art museums. In this area you'll also find Bergen Kunsthall (Bergen Contemporary Art Centre), where you can experience contemporary art and performances.



KODE art museums

2. BERGEN MUSIC CITY

Bergen has produced many famous musical figures such as classical composers Edvard Grieg and Harald Sæverud, and violin virtuoso Ole Bull. They lived at Troldhaugen, Siljustøl and Lysøen, respectively, and their homes are now open to the public. Live concerts are also held there, and there are daily lunchtime concerts all summer long at Troldhaugen. Concerts are also held in other venues, including: Den Nationale Scene, Logen Teater, Ole Bull Scene, Ricks, the Grieg Hall and the Gunnar Sævig Hall. Bergen Philharmonic Orchestra gives weekly concerts in the Grieg Hall from August to June.



Knøsesmauet

3. WOODEN HOUSES - BERGEN, THE BIG CITY WITH SMALL-TOWN CHARM

Bergen's small wooden houses add to the city's charm and uniqueness. Many of these old wooden buildings date back to the 18th and 19th centuries and have been respectfully restored and refurbished in recent years. Fine examples of this can be seen in central areas such as Nordnes, Nøstet and Fjellsiden, where narrow alleyways and cobbled streets dominate. People have lived in these areas for centuries, and they are well worth exploring for their charm.



Edvard Grieg Museum, Troldhaugen

Vikafjell 13

Turistveg

Hardanger

londal

Hardanger



Marstein lighthouse

5. BERGEN REGION WEST

- THE COAST AS YOUR PLAYGROUND

The coast of Bergen, including Sotra, Fjell and Øygarden, is the place for active, brisk and exciting experiences. Just a stone's throw from the city, you can take part in spectacular coastal activities, incredible culinary seafood experiences and learn about one of the most exiciting episodes in Norway's war history. You can enjoy accommodation with panoramic views of the sea, in a small traditional rorbu or in a first-class hotel.



Nordhordland

6. BERGEN REGION NORTH - A NATURAL HISTORY GEM

Across beautiful heathland with charming old drystone walls, through narrow sounds and currents from the ocean's edge to fjords and high mountains. The region north of Bergen is a gem for nature experiences, exciting emigration history and activities that are guaranteed to bring a glow to your cheeks,

the wind in your hair and laughter and joy.



Slåtterøy fyr

Holmengrå fy

Fedje

Hellisøy fyr

REGION WEST

Marstein fyr

REGION NORTH Mange

BERGEN

Fana

Fitjar

Explore Bergen and the region with the Bergen Card

Bjørnafjorden

With the Bergen Card in your pocket, you travel free on Light Rail and buses in the city and the Region. It also gives you free or discounted admission to most museums and attractions, and discounts on sightseeing and cultural events, meals, airport express coach and parking. The card is sold online at

Rosendal

Osterøv

Indre Arna

Osøyre

www.visitBergen.com/BergenCard

and at the Tourist Information at the Fish Market.

Contact us:

BERGEI

Folgefonna

Norheimsund

Bergen Tourist Board Turistinformation, Strandkaien 3 +47 55 55 20 00, info@visitBergen.com PLAN & BOOK visitBergen.com

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Ulriken

4. ENJOY A CITY THAT BUZZES ALL YEAR ROUND

Surrounded by seven mountains, Bergen is ideal for enjoying the beauties of nature. A few minutes' ride on the Fløibanen funicular will take you from the city centre to the top of Mt. Fløyen, while a cable car takes you to the summit of our highest mountain, Mt. Ulriken. Enjoy the views and the peace and quiet while gazing down at the city. Sample the delicacies on offer at the Fish Market, or spend hours among the fish, penguins and seals at Bergen Aquarium. The whole family can explore the world of science and technology at the VilVite Science Centre.

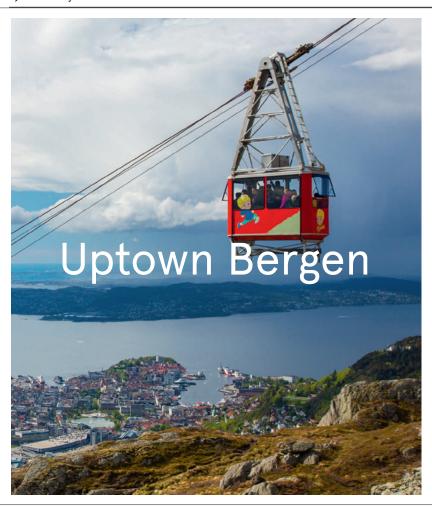


The Gateway to the Fjords of Norway





visitBergen.com



Welcome to the top of Bergen! Highland nature, mountain hikes, local food and lots of family fun.

Enjoy the spectacular ride with our cable cars in breathtaking scenery. Try our many activities and treat yourself to a unique dining experience in our panorama restaurant, Sky:skraperen.



13,0 km

Mountain trails for everyone



Express bus 09:00 - 18:00



Sky:skraperen Small dishes, snacks and dinner



Opening hours 09:00 - 21:00



Activities

Activities for both kids and grown ups



Bus and cable car return:

Adults: 275.-Children: 170,-Families (2+2): 720,-

Ulriken643.no I @ulriken643 Facebook/ulriken643

ULRIKE



If you sleep at a HI Family and Youth Hostel in Fjord Norway you'll have more money to spend while you're awake





Stay in comfort while keeping your expenses low - and spend your money on all the other exciting things Norway has to offer! At 26 HI Family and Youth Hostels in Fjord Norway you can choose between a double room, a family room or a single bed in dormitory room. It is also possible to prepare your own food. There are good chances of making new friends among our guests too - you will meet families and backpackers from all over the world. Because a HI Family and Youth Hostel isn't an ordinary hotel - it's a home.



Book your stay at hihostels.no • Fjord Norway for free? Visit volunteering.no



Flørli is indeed a place where you can find your peace of mind.



The impressive view on the fjord, the majestic waterfalls everywhere you look and the company of fluffy sheeps next to the road is simply the unforgettable place to relax the body and the soul.



This must be one of the most inspiring places for active holidays I have ever seen.





Our Family and youth Hostels in Fjord Norway:

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in 2018: HI Sola • HI Furutangen HI Kjeldsund

HI Åpta



The Hardangerfjord region is close to Bergen and is known as one of the most beautiful areas in Norway. Two National Parks, Norwegian Scenic Routes, fjords, waterfalls and glaciers await you.



OUTDOOR ADVENTURE

Hiking trails in all categories - the

most famous one is to Trolltunga

(10-12 hours). Probably the most

beautiful one is along the 4 waterfalls

in Husedalen, starting in Kinsarvik. A wide variety of outdoor adventure

including guided glacier hikes, kayaking, via ferrata climbing routes,

family rafting etc. are available.

Norwegian Nature Centre – Hardanger . © HNE





There are several interesting museums and visitor centres in the region. The most visited one is Norwegian Nature Centre – Hardanger in Eidfjord, an amazing experience for the whole family. Hardanger has a rich heritage. In the hamlet Agatunet you can have a close look at how life used to be in the old days.



Tasting apple cider in Ulvik © CH/visitnorway.com



CULINARY

Hardanger is the orchard of Norway. At the Fruit and Cider Route in Ulvik three farms are offering farm visits. Guests can taste juice and cider made on the farms, buy local produce and learn about fruitfarming. Throughout the region there are several farm outlets where you can buy local delicacies.

Destination Hardanger Fjord AS

Tel.: +47 56 55 38 70 info@hardangerfjord.com

www.hardangerfjord.com



View from Lofthus. © M. Knudsen/Hotel Ullensvang

ULVIK- The pearl of Hardanger

The vast nature reserve areas, farmland and cultural landscapes of Ulvik include Finse at 1222 meters above sea level — only accessible by train — to the small village of Osa and the lengths of the Hardangerfijord. Ulvik is a prime outdoor adventure area for hiking and biking, with several well-marked trails of many lengths that will take you to some breathtaking views. Explore and enjoy the fjord by boat and kayak or stroll the promenade.

The small village of Ulvik has several choices for accommodation, ranging from historical hotels by the water to guesthouses, small cabins and camping sites. There are several restaurants, cafes and friendly shops. You'll also find an indoor market selling local products, and the local glassblowers workshop.

Ulvik's snug position in the Hardangerfjord has made it a prime location for fruit farming over the centuries. This, combined with livestock, has been a way of life for many generations, and the tradition is still kept alive. Agrotourism is very common in Ulvik, several farms welcome visitors and are happy to give guided torus and show how they have perfected this region's long standing tradition of cider making. When in town, why not visit the only Fruit- and Cider route in Norway,

consisting of three independent farms. Get a taste of their locally made and award winning produce and hear how life on the farms has changed over the years.

Ulvik became a certified Cittaslow town in 2015. A membership in the International Cittaslow movement is an ode to good living, sustainable local communities, good service to our guests (we have no tourists, only guests!), strengthening traditional local produce and the Slow Food values, and creating innovating solutions for the future. We strengthen local resources and assets to enhance quality of life and appreciate our identity.

The Olav H. Hauge Centre

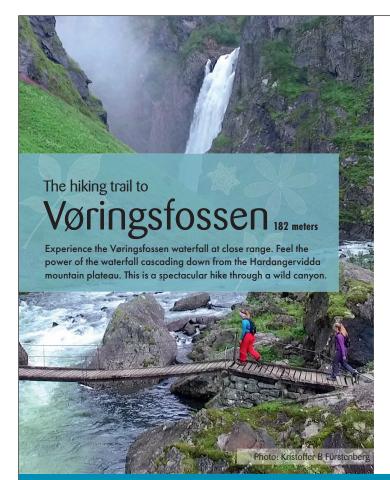
Awarded Norwegian museum of the year 2015, the Olav H. Hauge Centre offers unique insight into the life and work of one of Norway's most acclaimed poets. The exhibition also conveys poetry in many forms across language boundaries. The Centre also has a museum shop, poetry library, poetry workshop and activities for children. Exhibition texts are in both Norwegian and English. A guided tour for groups can be booked in advance.

www.hauaesenteret.no. Tel: (+ 47) 56 52 70 70

Ulvik Tourist Information www.visitulvik.no. Tel: (+47) 56 52 62 80







- Parking at Fossatromma, about 17 km from the centre of Eidfjord along route 7.
 Alternative parking (if available space) about 2 km before Fossatromma at Storegjel, at the upper end of the Måbø tunnel.
- Starting point at Fossatromma. Follow the old road for about 2 km until you get to Storegjel. Information board at Storegjel. Follow the old road for about 300 meters. The trail is signposted "Vøringsfossen" where the descent into the canyon starts.
- Rough terrain, partly crossing areas with large rocks. Might be wet and slippery, be carefull First part on tarmac road.
- Necessary equipment: sturdy hiking boots.
- Elevation: 650 400 metres above sea level.
- Length: 3.7 km from Fossatromma/1.7 km from Storegjel (one way).
- Time: 2-3 hours from Fossatromma/1.5 hours from Storegjel (return hike)
- Season: May/June October (do not hike when there is snow).



Destinasjon Eidfjord www.visiteidfjord.no

Statkraft - www.statkraft.no

Norwegian Nature Centre – Hardanger - www.norsknatursenter.no

Fossli Hotel - www.fossli-hotel.com

Hardanger Fjordsafari - www.hardangerfjordsafari.no







www.osbuss.no

Postboks 19, 5206 Os. +47 56 30 99 80, post@osbuss.no





Nærøyfjorden

Sognefjord – the heart of Fjord Norway – with UNESCO World Heritage Nærøyfjorden, UNESCO Urnes Stave church and the National parks Jotunheimen mountains and Jostedalsbreen glacier. The longest fjord, the biggest glacier and the highest mountains – the world's most beautiful fjord experiences!

The major attraction of the Sognefjord area is the power of its nature and all that is connected to it. Sognefjord offers a broad range of natural phenomena, with the widest and narrowest of fjords, lush valleys, towering mountain ranges and blue glaciers. You will find visitor centres, museums, art galleries, stave churches and historical sites, and anything from isolated mountain farms to quaint, picturesque fruit-growing villages and modern towns.

Since 2005 the area defined as the West Norwegian Fjords comprising the Geirangerfjord and Nærøyfjord has been included on UNESCO's World Heritage List of the world's cultural and natural heritage of outstanding universal value.

Five of the oldest stave churches in Norway are found in the area, and the oldest of them all (Urnes) is on UNESCO's list of the most protected heritage sites in the world.

The Sognefjord area is an all year destination with classic fjord experiences in summer, crystal clear air and beautiful colors in the autumn. Winter serves magical fjord light, blue ice caves under the glacier, alpine ski touring, snow shoe hiking, RIB-safari, fjord cruises and the Flåm railway. And the spring breake's in with flowering and snow powdered mountain tops.



Urnes Stave Church

1. THE SOGNEFJORD

The Sognefjord has several distinct fjord arms winding their way between step mountains to end in small, picturesque villages. You can choose between different boat trips to experience the fjords all year round and a variety of activities like kayaking, fjord rafting, and angling. UNESCO Nærøyfjord is one of the wildest and most beautiful of the arms of the Sognefjord.



Visit Sognefjord

Tel: +47 99231500 Mail: info@sognefjord.no facebook/VisitSognefjord Instagram/VisitSognefjord





The Flåm Railway

2. THE FLÅM RAILWAY

- an incredible train journey from the mountain station at Myrdal on the Bergen Railway and all the way down to Flam station at the Aurland Fjord. The Flåm Railway is the steepest adhesion railway on standard gauge tracks in the world. With views of mighty waterfalls and majestic mountain peaks, the train moves at a leisurely pace and stops at the most scenic spots, such as the Kjosfossen waterfall.



Nigardsbreen glacier

Gamle Lærdalsøyri

3. NATIONAL PARKS

Jostedalsbreen National Park includes the largest glacier on the European mainland. What sets this national park apart from others is its enormous variety of habitats within such short distances. Here you will find everything from lush fertile valleys to barren mountain and glacial landscapes. The National Park is most easily accessed through Jostedalen (Nigardsbreen) and Fjærland, and you can organize glacial walks as well as visit national park centres in both of these places.



5. ATTRACTIONS

Sognefjord offers a variety of attractions and activities including museums in every village, scenic National Tourist routes, animal parks, local farm visits, the Norwegian Booktown in Fjærland, power stations, river rafting, art exhibitions, festivals, old village centers, white magical caves in Gudvangen, the world's longest car tunnel (Lærdalstunnelen), indoor waterworlds, open-air swimmingpool and a lot more. Many of them are open all year around.



Snow Shoe hiking

4. HIKING

The entire Sognefjord area offers a wide range of hiking and biking possibilities from easy hikes through beautiful nature and fjord landscape with great waterfalls, to thrilling hikes in more demanding tours to mountain peaks. The most famous are the Jotunheimen National Park, the Jostedalsbreen National Park and the valleys of Aurland (Flåm), Utladalen (Årdal), Kings road (Lærdal), Keipen (Balestrand) and Stølsheimen (Vik).



Norsk Bremuseum, Fjærland



Treat yourself to a wonderful few days by the Sognefjord. Kviknes Hotel in Balestrand is one of the most distinctive hotels in Norway. The historical atmosphere, international cuisine and comprehensive wine cellar make for an unforgettable experience. The Nærøyfjord and Urnes Stave Church, attractions on UNESCO's World Heritage List which draw visitors from all over the world, are not far away.

The hotel has several different categories of rooms, both in the modern building and in the historical wing.



KVIKNES MOTEL

For more information: Tel.: (+47) 57 69 42 00 or www.kviknes.no





Balestrand Hotel

Quiet family-run hotel in the middle of Balestrand. 30 rooms, all with shower/WC. 15 with balcony and fjord view. Ideal base for excursions.

NO-6898 Balestrand
Tel.: (+47) 57 69 11 38
www.balestrand.com
E-mail: info@balestrand.com



Leikanger Fjord Hotel

Beautifully situated by the Sognefjord. Family-run hotel since 1882, 52 rooms.

NO-6863 Leikanger Tel.: (+47) 57 65 60 20 www.leikanger-fjordhotel.no

E-mail: post@leikanger-fjordhotel.no



Olden Fjordhotel

Family-run hotel.
Beautifully situated by the fjord.
60 comfortable rooms with bath/
shower, balcony and fjord view.
First class restaurant.

NO-6788 Olden, Nordfjord Tel.: (+47) 57 87 04 00 Fax: (+47) 57 87 04 01 E-mail: post@olden-hotel.no www.olden-hotel.no





Hornelen

Located on the coast between Bergen and Alesund, the Fjord Coast is easily accessible when travelling in Fjord Norway.

Within two hours from Bergen you can discover a stunning coastline. Visit small fishing villages, charming towns and explore the nature. Thousands of islands, narrow fjords, mountains rising straight up from the sea and white sandy beaches - perfect for small and big adventures

Our region is still a hidden gem for international tourists. Meet the locals and experience authentic coast life all year around.

Winter in the Fjord Coast is often mild, green and with changing stormy weather and extraordinary light conditions. We call the season stormwatching season and offer a variety of storm experiences. Stormwatching is more than an experience; it is actually a state of mind. Explore the sea beating the stormy tides ashore, in rain and wind either inside by the window or in a safe stormwatching spot in full rainwear. Winter on the coast also offers sunny and quiet days to prepare for new stormy days.

The Fjord Coast region offers our visitor's spectacular hikes, from steep and challenging hikes to more easy

family walks. Nothing is more relaxing than a stroll along the seaside. The highest Seacliff in Europe, Hornelen, 860 meter above sea level is an unforgettable hike with the most magnificent view.

Our region is known for its fantastic diving conditions and large variety of subaquatic species, exciting diving environments and many shipwrecks to explore. Some of the most interesting shipwrecks from World War 2 are located in the region and visited by divers from all over the world. Gulen Dive Resort is one of Norway's best diving resorts and take you on exciting dives along the

You cannot go further west in Norway than to the islands of Solund, Bulandet and Værlandet - often called "Venice of the North". With a myriad of small and large islands, islets and skerries sheltering you from the wind and waves this area is perfect for kayak paddling. The distance to the open sea is short. Or perhaps you want to paddle along beautiful white sandy beaches and steep mountains in Bremanger? Experience prehistoric petroglyphs, old trading posts, and a great wildlife. The archipelago around Florø is excellent for paddling. You



can choose to visit on of the many islands around the town or paddle along one of the fjords.

Surrounded by open sea and fjords along Norway's most beautiful archipelago, the conditions are perfect for sea fishing all year round. Here you will find fishermen's cabins and holiday houses customized for fishing holidays. These are located right by the sea and offer good boats and facilities for preserving and storing your catch. A local fisherman can be hired as your guide to show you the best fishing spots in the area.



Visit FjordKysten

Tel + 57743000 Email: mail@fjordkysten.no Website: fjordkysten.no Facebook/fjordkysten Instagram/fjordkysten



Fjordkysten



Kayaking in Solund.

3. ISLAND HOPPING

Island Hopping to Solund, Bulandet and Værlandet is a round trip to the westernmost islands in Norway. Travelling by boat you get close to the unique and spectacular scenery on the coast, and you get to experience the everyday life of the people living on the islands. Island Hopping is offered either as a day excursion from Bergen or as a part of a longer stay.



Hornelen, the highest seacliff in Europe.

2. KAYAKING

One of the best ways to explore the coast is by kayak, and the Fjord Coast is Norway's best kayak destination. Discover the magnificent untouched coastline with thousands of islands, islets and skerries, calm bays and white sandy beaches.



 $Is land\ hopping\ in\ Solund\ and\ Bulandet.$

5. HORNELEN

The hike to Hornelen will give you a spectacular hiking experience. The trail is quite challenging and steep, but gives you fantastic views all along the way to the top. On the top you can enjoy a breathtaking panoramic view! You will get a great overview of narrow deep fjords, majestic mountains and small islands far out at sea. If you dare to, you can lie down on the edge of the cliff and look straight down on the sea 860 meters below you. You will never forget this hike, it is one of a kind!



The light house Ytterøyane.

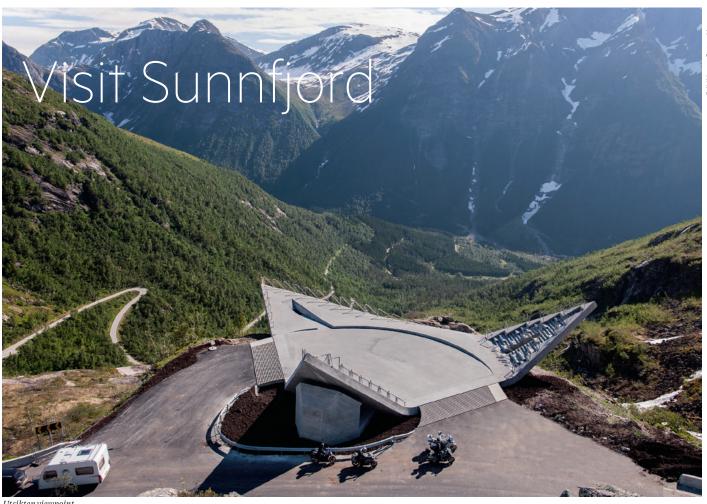
4. THE FJORD COAST is the stormiest part of southern Norway. The most reliable time to enjoy the storms is from November through February. Would you like to experience something out of the ordinary? Try staying overnight at a lighthouse! Along the Fjord Coast you will find lighthouses where it is possible to stay overnight.

6 THE WHITE SANDY BEACH GROTLESANDEN

In Bremanger you will find two of the most beautiful beaches in Norway. Enjoy lazy summer days or watch a storm close by!



The white sandy beach Grotlesanden.



Welcome to Sunnfjord

Sunnfjord is in the heart of Fjord Norway and offers magical nature experiences and exclusive products all year. Here you can experience the Jostedalsbreen glacier, spectacular mountains and some of the most beautiful fjords in the world.

Sunnfjord offers steep mountain hikes and good cycling and fishing opportunities, for example in one of the best trout lakes in Norway, Jøstravatnet lake. You can walk on the Haugabreen glacier and go rafting or kayaking. Sunnfjord offers unique cultural attractions – from Astruptunet in Jølster, the home of artist Nikolai Astrup, to the award-winning Villa Åmot in Gaular, known for its local food and concerts

Jølster, the glacier village

The Jostedalsbreen glacier is a magical landscape, both silent and formidable at the same time. The fascinating glacier can be both frightening and alluring, plunging down from the mountain and extending its prehistoric ice blue arms down towards the valley. The Jostedalsbreen glacier is the biggest glacier in mainland Europe. In Jølster, you can see the glacier from the E39 road in Kjøsnesfjorden and in Stardalen. In 1890, the Norwegian Trekking Association decided to hire guides who were authorised for certain routes across the Jostedalsbreen glacier. Since then, several authorised

guides have led people along the routes from Lunde to Fjærland and from Fonn in Stardalen to Veitastrond. Tourists started walking on the glacier at the end of the 19th century, and in Jølster, the authorised guide tradition was continued in the form of day walks with experienced glacier guides on the Haugabreen glacier.

Walking in a rope team on the glacier is a unique and exciting experience for adults and children alike. If you want to walk on the glacier, use a local guide. "Bre og Fjell" offers guided glacier walks on Haugabreen from mid-June to the end of August.

Mountain, fjord and waterfall walks

Walking in Sunnfjord means fantastic views of the mountains in Fosseheimen, the fjords, the glacier and the ocean. Experience the most beautiful fjord landscape in the world - everything from adapted nature trails to the most demanding summits. Try a waterfall walk in Sunnfjord, and see some of the area's



Guided glacier walk

spectacular waterfalls up close. For a very special experience, try a 'scree walk' to Tjovura in Stardalen, Jølster, where you climb and walk between boulders and through narrow passages.

Active holiday

There are several activity enterprises in Sunnfjord that offer tailor-made adventures to last a lifetime. Sunnfjord Golfklubb, Jølster Rafting and Lunde Turiststasjon offer golf, rafting, riverboarding, abseiling and paintball. Spend the night in a traditional Sami Lavvo tent at Lunde Turiststasjon, and try your hand at axe throwing

Kayaking is a versatile activity, and Go'kajakk offers introduction and training courses and rent out kayaks at several locations in Sunnfjord.

National Tourist Route Gaularfjellet

A peaceful journey along protected watercourses, waterfalls and a quiet fjord arm. The road runs along an arm of the Sognefjord, the world's longest fjord, before







Kayaking



Astruptunet



Rafting

winding its way up the steep valley into the mountains. You drive along the protected Gaularvassdraget watercourse, known for its many waterfalls, and waterfall paths have been built at different parts of the watercourse to make the spectacular waterfalls more accessible.

Utsikten - the new attraction at Gaularfjellet

The viewpoint Utsikten at Gaularfjellet is one of the spots offering fine views of the scenery. This picnic area is at the top of the climb up from the Vetlefjord, and offers splendid views of lush, beautiful landscape with the main Rv13 road winding its way up the hillside. With a clear view of 1,500 metres-high mountains and deep valleys, the viewing platform balances on the edge of the mountain, 700 metres above sea level.

Art and culture - in Astrup's kingdom

Nikolai Astrup (1880-1928) is one of Norway's most prominent and beloved artists. He is known for his characteristic depictions of Western Norway's lush,

wild scenery and the traditional way of life in the area. Astrup lived in Jølster for most of his life and was very attached to the place. He described himself as one of Norway's most down-to-earth artists. Astruptunet was Nikolai Astrup's home for the last 14 years of his life and is preserved as it was when he lived there. The barn has been torn down and rebuilt as a gallery in the same style as the old barn. The gallery has permanent exhibitions of Astrup's paintings, graphic art, woodcut plates and sketches. Most of his motifs are from Jølster, and Nikolai Astrup is still considered to be one of the Norwegian artists who best captures the Norwegian spirit. The light, scenery and atmosphere at Astruptunet alone are worth the visit.

Sunnfjord also has other exciting museums and galleries: Jølstramuseet, featuring 400-year-old houses, art galleries and a fishing centre, Sunnfjord Museum, Luftkampmuseet (air combat museum) in Naustdal, Hestad chapel, Sogn og Fjordane Art Museum in Førde, and the Eikaas Gallery at Ålhus in Jølster.

Winter and skiing

Sunnfjord has two ski centres, Jølster Skisenter and Sunnfjord Skisenter. There are alpine pistes for all tastes, in addition to numerous possibilities for summit tours on skis: 'Bre og Fjell' offers tailor-made experiences in Jølster. Top areas in Sunnfjord include Snønipa, Olahansfjellet and Syskarnipa.

SUNNFJORD

UTVIKLING

Visit Sunnfjord

Tel.: +47 57 72 19 50 Email: post@sunnfjord.no www.sunnfjord.no Facebook/VisitSunnfjord Instagram/VisitSunnfjord



Loen Skylift

Nordfjord is situated between the largest mainland glacier in Europe and Norway's wildest coast at the western cape, with spectacular mountains and valleys, rolling farmland and a dramatic coast line. Here, you are never far away from great, accessible travel experiences. Nordfjord is Norway at its highest, wildest, deepest and most enjoyable. All in one fjord.

Nordfjord is famous for the Briksdalsbreen glacier, the fjord, high mountains, idyllic green valleys and a fantastic coastline with white sandy beaches, big breakers and the majestic Vestkapp plateau. It has everything you need for an active holiday. Nordfjord also has a rich history, which, for example, you can explore at the 12th century Selja monastery. Nordfjord is the neighbouring fjord to the Geirangerfjord, and it is not far from Ålesund.

The region has long and proud traditions in welcoming guests from all over the world. There is a wide variety of accommodation alternatives, from historic hotels to basic self-catering holiday houses. Nordfjord is a popular adventure destination with professional activity providers that offer both soft and more strenuous activities.

The mountains and the deep fjord form a fantastic backdrop to winter adventures: Skiing resorts, cross country tracks, surfing and winter walks. From May to July/August you can even enjoy snow activities at Stryn Summerski Centre. At the coast, winters are often mild with little snow, while there often is a lot of snow further inland and even powder snow. In Nordfjord you will find world-class skitouring terrain and ski centres with prepared tracks, often with great views of the fjord. The best view you'll get from Loen Skylift, from 1011 m.a.s.l. A trip to Nordfjord during winter can also be spiced up with surfing at Stad, spa, delicious local food, or you can just enjoy the dramatic winter landscape of the fjords. When you are planning a trip to Nordfjord, contact us or the skiing resort for updated information on the snow conditions



Briksdalsbreen Glacier

1. BRIKSDALSBREEN GLACIER

Guests from all over the world come to visit this famous glacier arm set attractively between roaring waterfalls and high peaks. Briksdalsbreen Glacier is an arm of the great Jostedalsbreen Glacier, and located inside the Jostedalsbreen National Park. From 1200 meters the glacier plunges down into the beautiful Briksdalen Valley. See the Briksdalen valley by foot or catch a ride with one of the "Trollcars" up to the glacier. The small vehicle has a capacity of 7 persons (totally 91 persons per trip), and the roundtrip is 1,5 hours. In Briksdal you will find a restaurant and a large souvenir shop.



Visit Nordfjord

Perhusvegen 24 NO-6783 Stryn Tel. +47 57 87 40 40 www.nordfjord.no





2. LOEN SKYLIFT

Hoven Loen – a new attraction and adventure arena, at the inner part of the Nordfjord. A cable car will lift you from the fjord to 1011 m. Enjoy the views of the fjord landscape and Jostedalsbreen National Park – from the restaurant table, or while hiking in the mountains.



Myklebust Viking ship

4. SELJA MONASTERY

People have been coming here for more than 1,000 years to visit Norway's first pilgrimage site and its unique cultural relics dating from the Viking Age and the Middle Ages. Selja Monastery is probably the oldest monastery in Norway. The legend of St Sunniva who suffered a martyr's death lives on here on this island. The island of Selja is just a short 15-minute boat trip from Selje.



Selja Monastery

5. MUSEUMS AND GALLERIES

In museum, galleries and visitor centres you can take part in our rich nature and culture. Nordfjord Folk Museum is the district museum for Nordfjord with 44 old houses of historical interest. At the Jostedalsbreen National Park Centre you will find information about the national park and the glacier. In Anders Svor Museum you will find around 450 sculptures from Anders Svor's art. At the coast you find Vågsberget trading station and inn from 1600s. Sagastad – a new science- and experience center in 2019. Replica of Norway's biggest Viking ship is under construction.



Lovatnet Lake in Lodalen Valley

3. LODALEN VALLEY

The beautiful, untamed nature and the valley's dramatic history make a visit to Lodalen an experience not to be missed. At the head of the valley lies Kjenndalsbreen glacier, which is the lowest-lying offshoot of Jostedalsbreen glacier. Further down the Lodalen valley lies a charming summer pasture farm called Breng. Boat trip on Lovatnet Lake on MS Kjenndal II.



Surfing at Stad

6. SURFING AT STAD

At Stadlandet, you will find perfect surfing conditions, with big ocean waves and white sandy beaches, and with steep mountainsides creating a perfect backdrop. The white sandy beaches at Hoddevik and Ervika are some of the best and most beautiful places to surf in Norway.



Ålesund - The Art Nouveau Town

Get to know some of Norway's most popular natural and cultural attractions. Alesund's beautiful Art Nouveau architecture is well-known. A multitude of towers, spires and beautiful ornamentation makes the town look like it has been lifted straight out of your imagination. Sunnmøre's numerous fjords, islands and mountains are waiting to impress you. The extent of experiences on offer affords you the freedom to choose exactly the holiday you prefer – all year around!

Generations of royalty and nobility from Europe have visited Sunnmøre and been fascinated by the region's dramatic mountains and fjords. Hjørundfjord, Norangsdal and Geirangerfjord all have historical hotels that date back to the late 1800s. Now you can follow in their footsteps and travel "The Royal Fjord Route" with public transport or with hire car when you "Fly & Drive".

Join a guided town walk and learn more about Ålesund's fascinating history and architecture. Lift your eyes and discover the many beautiful and detailed ornaments on the building façades. Once you have noticed all the details, it is time to get the big picture. Step on board the little town train, which will take you to the top of the town mountain Aksla, where an astounding panoramic view of the town, mountains and ocean awaits.



1. ÅLESUND - THE ART NOUVEAU TOWN

Destroyed by fire in 1904, the charming coastal town of Ålesund rose from the ashes and built to a singular Art Nouveau vision by a string of ambitious Norwegian designers and architects. A century later, it remains picture postcard perfect, with one of the world's finest concentrations of Art Nouveau architecture. Walk up the 418 steps to the top of Mount. Aksla and you will be rewarded with unforgettable panoramic views!



Destination Ålesund & Sunnmøre

Skateflukaia. 6002 Ålesund Tel.: +47 70 16 34 30 Email: info@visitalesund.com www.visitalesund.com





Runde Bird Island

2. RUNDE BIRD ISLAND AND THE SUNNMØRE COAST

The bird island Runde lies far out to sea. The island boasts Norway's southernmost bird mountain, and is also the most species-rich seabird region in Scandinavia as more than 500 000 birdsnest here during the season. Above it all, sea eagles float with their impressive wingspan that can exceed 2.5 metres. The peak season is between April and August. Runde is also known as 'treasure island' due to the gold that was discovered on the wreck site of the Dutch trading ship Akerendam, which ran ashore here in 1725. The coastal region is ideal for multi-purpose holidays. Most of the year you can go mountain hiking one day, fishing by boat the next, and enjoy birdwatching with binoculars on day three. You can also visit the animals at a petting farm, and experience the flashing lights from picturesque lighthouses.



Geirangerfjord

4. TROLLSTIGEN - NATIONAL TOURIST ROUTE

Experience the Geiranger–Trollstigen National Tourist Route, some of Norways most unique sceneries. This masterpiece in engineering in the midst of majestic natural landscape will make your drive a true experience. You can also explore Trollstigen on a round trip with public transport, starting in Ålesund and head for the UNESCO listed Geiranger passing the famous Ørnesvingen. After an hour stop in Geiranger the bus leaves for Valldal and the spectacular Trollstigen. Further via Åndalsnes and along the fjord back to Ålesund.



Trollstigen

5. GEIRANGERFJORD - UNESCO WORLD HERITAGE LISTED

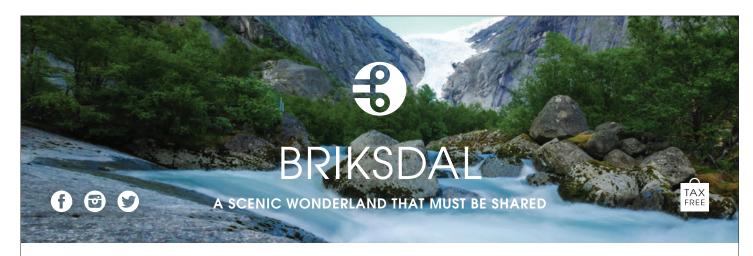
The iconic Geirangerfjord is considered one of the most beautiful fjords in the world, and is included on the UNESCO World Heritage list. The Geirangerfjord is one of Norway's most popular natural attractions. The fjord is 260 metres deep while the surrounding mountains are 1600-1700 metres high. The fjord is also known for its spectacular waterfalls and deserted fjord farms high up on the steep cliffsides. The idyllic nature and the dramatic mountains will impress any visitor in the area. You can easily reach Geiranger by car, boat or public transport. While you are there, don't forget to come close to nature. The best ways could be by boat, kayak or e-bike.



Hjørundfjorden

3. THE HJØRUNDFJORD AND THE SUNNMØRE ALPS

Experience the seasons in the Hjørundfjord and Sunnmøre Alps. Sharp peaks reach up from the fjord to heights of nearly 1,700 metres above sea level. Find your trails whether you are an alpinist or want gentle trails suitable for families. The Hjørundfjord and the Sunnmøre Alps is a great base for a hiking holiday, and there are plenty of characteristic hotels and quality cabins to choose from. The fjord is surrounded by peaks like Slogen and Skårasalen, which are both more than 1,500 metres above sea level. The sherpa-built stone stairs at Saksa, at more than 1,000 metres above sea level, and the newly signposted circular walk across Urkeegga, have opened these mountains up to new hikers. In winter, skiing enthusiasts will find what they are looking for. Experience the fjord and mountain landscape from the slopes, the gondola or the panorama restaurants at Strandafjellet.





GO ON A SAFARI
Visit the grand Briksdal Glacier



ENJOY A TASTY MEAL
It comes with a stunning view



STAY IN BRIKSDAL
Here you'll sleep soundly



Photo: Berge Myrene, Bjarte Haugen, Dale of Norway

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briksdalsbre.no / @briksdalsbre





The Rauma Railway

- The most beautiful train journey

Dombås - Åndalsnes

A trip on the Rauma Line is a unique opportunity to experience one of the most spectacular scenic areas in Norway.

Once aboard the train, just sit back and gaze out of the train's large windows and enjoy the journey through contrasting, wild and magnificent scenery. The trains are modern and comfortable and they have an electronic guiding system that provides information about the sights along the route.

For more information and to book tickets, see nsb.no/raumarailway, call +47 815 00 888 or contact a specialist on Scandinavia.



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This is the place for those of you who would like to experience shopping in a new and original way. If you have never been here you will definitely feel enriched – from experiences, food and drink, and not forgetting all the good deals you will find in the outlet shops.

The outlet shops at Devoldfabrikken are: Devold, Bergans, Norrøna, Moods of Norway, Helly Hansen, Høyer, Le Creuset, Swims, Prinsessa og Frosken, Phister & Philina, and Kappa. You will also find Binderiet, KANTINA café and Tøysekoppen café.

The outlet shops at Devoldfabrikken always have great discounts of 30 – 70% for known brands! Devoldfabrikken in Langevaag is situated just a 15 minute drive from MOA, and only an 8 minute boat ride from Aalesund centre. Welcome!



DEVOLDFABRIKKEN AS Geilneset 16 6030 Langevåg

Tel: + 47 70 30 11 11

www.devoldfabrikken.no



























The Atlantic Road

With its dramatic coastline, long fjords, alpine mountains and lush valleys, North-Western Norway is wild, authentic and beautiful. Feel the butterflies in your stomach as you navigate the hairpin bends of Trollstigen road, drive the Atlantic Road in a shower of sea spray, or balance on the Romsdalseggen ridge.

Our two coastal towns Molde and Kristiansund are strategically located for a visit when you drive along our two National Tourist Routes Trollstigen and the Atlantic Road. Molde faces south onto the fjord and has great views of the Molde panorama with its 222 mountain summits.

Kristiansund is one of the towns in Norway with the most character, spread over four islands and with beautiful post-war architecture. The towns have a rich cultural scene, for example Norway's oldest opera house in Kristiansund, Molde's annual jazz festival and many other events throughout the year.

We are also home to many undiscovered gems. The conditions are perfect for cycling trips in the idyllic Øyriket i Romsdal, on Smøla or on one of the other islands at the ocean's edge. The varied scenery means

that a great range of walks are available, from family-friendly walks along narrow coastal paths to guided summit tours in the steep mountains. Or how about enjoying a few summer days at one of the many summer pasture farms in the area or fishing for the whitest cod in the world? All within an hour or two's drive.



is a 106-kilometre long stretch of road that winds its way through the most impressive scenery in Western Norway. Enjoy giddy views of steep mountainsides, high waterfalls, deep fjords and fertile valleys. The road is surrounded by majestic mountains such as Kongen, Dronninga and Bispen. The Trollstigen plateau itself and its two viewpoints, which offer spectacular views across the landscape, were designed by Reiulf Ramstad Architects. Everything is made of steel and glass and provides good shelter from the elements. The structure has been designed to blend with its surroundings with parts of it carved into the rock and other parts supported by stone walls.





Visit Northwest

Kristiansund – Molde +47 70 23 88 00 www.visitnorthwest.no







The Atlantic Road



Romsdalseggen



Kristiansund

2. THE ATLANTIC ROAD NATIONAL TOURIST ROUTE

The Atlantic Road National Tourist Route is a feast for the eyes, winding elegantly from islet to islet across seven bridges. A triumphant meeting of scenery and modern engineering, which makes for a very special driving experience. The drive takes you from lush coastal cultural landscape and heathland to windswept crags along the exposed Hustadvika coast. Take the time to watch the sun set on the horizon here. The Atlantic Road has been described as the best road trip in the world. It is an intense experience that gives you an insight into an exposed world where you have to be able to handle the gusting winds.

3. ROMSDALSEGGEN, NORWAY'S MOST BEAUTIFUL MOUNTAIN HIKE

Romsdalseggen ridge is situated in the heart of Norway's most stunning mountains. From up on the ridge, there is a magnificent view of the Romsdals-fjellene mountains, the most prominent of which are Trollveggen, Romsdalshorn and Vengetindene. You can also see Kongen, Dronninga and Store Trolltind, and all the way to the town of Molde and the Norwegian Sea. Far below in Romsdalen valley, the Rauma river winds its way through the valley and you can catch a glimpse of the train on the Raumabanen Railway.

${\tt 5.\,KRISTIANSUND, THE\,CLIPFISH\,TOWN}$

Kristiansund is in a beautiful setting at the edge of the ocean, spread over four islands that form a unique harbour area. It is believed that this area was home to Norway's first settlers. Colourful houses sit higgledy-piggledy around a cosy harbour basin, where the charming Sundbåten boat runs between the four 'lands', as the four islands of Kristiansund are called. Kristiansund is also Norway's clipfish town, with thriving bacalao and clipfish traditions – dishes which are served in restaurants and cafés.



4. MOLDE, A COSY SMALL TOWN WITH LOTS OF CHARM AND ATMOSPHERE

Molde faces south onto the Romsdalsfjord and is known for its beautiful surroundings and fantastic views. From Varden viewpoint (407 metres) you can enjoy the breathtaking Molde panorama with its 222 partially snow-clad peaks. On a clear day, you can see all the way out to the fishing village of Ona and the notorious waters of Hustadvika. For more than a hundred years, Molde has been dubbed the Town of Roses due to its lush, flowering rose gardens. From mid-July, the fragrant roses on top of the roof of the town hall and in Alexandraparken park are in full bloom.



Geirangerfjord & Blomberg Farm

Among the most scenically outstanding fjord area on the planet!

Geirangerfjord is the jewel in the crown of the Norwegian fjords. It is a fairytale landscape with its majestic, snow-covered mountain tops, wild and beautiful waterfalls, lush green vegetation and the deep, blue fjord.

Take a boat trip on the fjord to experience this wonder of nature. Passenger boats, fast RIBs and ferries can all give you a wonderful fjord experience and guides will tell you about the history, with a fund of good stories. Or get closer to the elements and see what the fjord looks like from a perspective in a kayak or try the combination of boat trip and hike to historical farms such as Skageflå and Knivsflå.

The National Tourist Route Geiranger-Trollstigen winds its way up and down the mountainsides, hairpin bend by hairpin bend, to impressive viewing points such as Ørnesvingen, Flydalsjuvet and Geiranger Skywalk - Dalsnibba. You can reach them under your own steam, go on guided round trips, or hire electric bicycles or small electric cars with GPS guiding.

The Norwegian Fjord Centre is an authorized information center for the UNESCO World Heritage Site, where exhibitions and multimedia displays fascinate young and old alike.

If you want an authentic summer mountain farm environment, Herdalssetra is not far away. You can also be in contact with farm animals at Westerås Gard, ideally in combination with an easy hiking trip to Vesteråsfiellet or Storseterfossen.



Geiranger Skywalk - Dalsnibba

1. GEIRANGER SKYWALK - DALSNIBBA

Europe's highest fjordview from a road, new spectacular platform, Geiranger Skywalk, from 2016 - a guaranteed airy experience. Quite possibly the world's finest view – 1500 m above sea level.

The toll road, Nibbevegen, takes you from Djupvasshytta at 1038 m above sea level to the viewpoint at Dalsnibba, which is at approx 1500 m a.s.l. You will have an unforgettable experience of fjord culture, views towards the snow-covered mountains, pure air and the World Heritage Area – all at the same time. Nibbevegen, a pioneer project and the very symbol of tourism in Geiranger.







Flydalsjuvet

2. FLYDALSJUVET

Flydalsjuvet offers an impressive view and is an excellent point for photography, with a view over Geiranger and Geirangerfjorden with the many cruise boats.

Some of Norway's most popular travel photo images are taken here. Flydalsjuvet is easily reached close to road no.63, approx. 4 km from Geiranger centre, heading towards Grotli. The viewpoint is divided into two areas, one upper and one lower plateau, with a gangway running in between. The viewpoint has been modernised via the project "National Tourist Routes".



Kayak



Geiranger panorama

3. THE EAGLE ROAD / THE EAGLE BEND

The road swings through 11 hairpin bends and was an attraction from the very first day. It was called Eagle Road because at its highest point it passed through terrain that had traditionally been the domain of a large number of eagles. At the Eagle Bend, the highest of the hairpins, facilities have been provided for visitors to take in the magnificent panorama over Geiranger, the Geirangerfjord, the Seven Sisters Falls and the alpine farm Knivsflå, or to gaze down on the many cruise ships that traffic the fjord far below.

4. EXPLORE THE FJORD

Take a boat trip on the fjord to experience this wonder of nature. Passenger boats, fast RIBs and ferries can all give you a wonderful fjord experience and guides will tell you about the history, with a fund of good stories. Or get closer to the elements and see what the fjord looks like from a perspective in a kayak or try the combination of boat trip and hike to historical farms.

New sightseeing boat from 2018. Designed and built in Norway. Season for sightseeing: 29. March–31. October, year around for groups.

- A UNESCO World Heritage Site -

ATTRACTIONS

The Geirangerfjord: The jewel of the Norwegian fjords in a unique cultural landscape with impressive waterfalls and old settlements. On UNESCO's World Heritage List since 2005.

Geiranger Skywalk - Dalsnibba: Viewpoint 1,500 metres. Detour from the Geirangervegen road (Fv 63), 5-km toll road. www.dalsnibba.no

Flydalsjuvet gorge: Famous and accessible viewpoint. This is where many of the famous photos of the Geirangerfiord have been taken.

Ørnesvingen: Viewpoint with facilities for tourists along Ørnevegen (the Eagle Road) with great views of the Geirangerfjord..

Herdalssetra: Old summer pasture farm where 300 goats still graze. Cluster of farm buildings beautifully situated in a landscape protection area. Toll road. www.herdalssetra.no

Norsk Fjordsenter visitor centre: The centre presents the World Heritage area and the unique fjord culture through exhibitions and a slide show. www.fjordsenter.com

SIGHTSEEING

Sightseeing trips on the Geirangerfjord

- 1–1 ½-hour round trip from Geiranger (M/S Geirangerfjord + one new boat from 2018) Can be combined with a walk to mountain farms.
- 1-hour exhilarating sightseeing/rafting trip on a RIB boat. www.geirangerfjord.no

Ferry cruise: Geiranger-Hellesylt, 1 hour. Departures from Geiranger and Hellesylt www.thefjords.no

Bus sightseeing trips: Geiranger-Dalsnibba, 2 1/2-hour round trip. Hop-on Hop-off, 2-hour round trip in Geiranger. www.geirangerfjord.no, www.citysightseeing, www.geirangerturbuss.no

Sightseeing by limousine: Exclusive round trips in the World Heritage area in a limousine. www.limousinewest.no, www.geirangerfjord.no

eTours: Explore Geiranger in a fun, little electric car.

DESTINATION GEIRANGERFJORD

E-mail: info@visitgeirangerfjord.com

www.visitgeirangerfjord.com Tourist Information (open all year): Geiranger: Tel.: (+47) 70 26 30 99

ACTIVITIES

Outdoor activities

Kayaking

Cycling/Rental

geirangerfjord.no geirangerfjord.no geiranger-adventure.com activegeiranger.no

activegeiranger.no

Boat rental

Hiking/walking

Nordic Walking Guided hiking / personal tours Visit an ancient fjord farm

hotelunion.no geirangerfjord.no geirangerfjord.no

Other activities

Swimming pools and Spa

hotelunion.no

ACCOMMODATION, RESTAURANTS AND SHOPPING				
Name	Tel (+47)	Address	www	
HOTELS				
Djupvasshytta hotel	92 88 76 70	Geiranger	djupvasshytta.no	
Hotel Geiranger	70 26 30 05	Geiranger	hotel-geiranger.no	
Hotel Union Geiranger	70 26 83 00	Geiranger	hoteunion.no	
Hotel Utsikten	70 26 96 60	Geiranger	hotellutsikten.no	
Villa Norangdal	70 26 10 84	Hellesylt	norangdal.com	
Petrines Gjestgiveri	70 25 92 85	Norddal	petrines.com	
CABINS, CAMPING				
Dalen Gaard Familiecamping	90 87 74 60	Geiranger	dalengaard.no	
Fjorden Campinghytter	70 26 30 77	Geiranger	fjordencamping.no	
Fossen Camping	70 26 32 00	Geiranger	fossencamping.no	
Geiranger Camping	70 26 31 20	Geiranger	geiranger camping.no	
Grande Hytteutleige & Camping	70 26 30 68	Geiranger	grande-hytteutleige.no	
Hole Hytteutleige	70 26 30 30	Geiranger	holehytter.no	
Homlong Camping	90 85 50 82	Geiranger	homlong-camping.com	
Homlong Gjestetun	70 26 30 40	Geiranger	fjelltuncamping.no	
Lunheim Accomodation	70 26 37 33	Geiranger		
Maråk Hytteutleige	70 26 30 56	Geiranger	marak.no	
Vinje Camping	70 26 30 17	Geiranger	vinje-camping.no	

Name	Tel (+47)	Address	www
Westerås Gard	93 26 44 97	Geiranger	
RESTAURANTS			
Brasserie Posten	70 26 13 06	Geiranger	brasserieposten.no
Olebuda	70 26 32 30	Geiranger	olebuda.no
Westerås	70 26 32 14	Geiranger	
Naustkroa	70 26 32 30	Geiranger	
in all hotels			
SHOPPING			
Audhild Viken AS	92 06 01 25	Geiranger	gifts.no
Dalsnibba shop	45 48 13 01	Geiranger	dalsnibba.no
Djupvasshytta AS	92 88 77 41	Geiranger	djupvasshytta.no
E.Meroks Turisthandel	70 26 30 14	Geiranger	
Fjordbuda	70 26 30 12	Geiranger	
Geiranger Bakeri	90 59 09 17	Geiranger	
Geiranger Sjokolade	96 72 52 05	Geiranger	geirangersjokolade.no
Joker Geiranger	70 26 30 33	Geiranger	
Made in Fjords	99 36 98 88	Geiranger	madeinfjords.no
Vinjenaustet	70 26 30 75	Geiranger	
Norsk Fjordsenter	70 26 38 10	Geiranger	fjordsenter.com



NORSK FJORDSENTER -Explore our World Heritage Visitor Centre

Visit the charming village of Geiranger and explore the Waterfall Walk



"The Geirangerfjord area is considered among the most scenically out-standing fiord areas on the planet'

UNESCO World Heritage Committee, 2005

New interactive Exhibitions and panoramic cinema



Souvenir shop and café with focus on local handicraft and food. Open year round. Welcome!

Contact us:

www.fjordsenter.com booking@fjordsenter.com +47 70 26 38 10

GEIRANGER SKYWALK DALSNIBBA Europe's highest fjordview from a road

Geiranger Skywalk – Dalsnibba is a guaranteed airy experience, and quite possibly the world's finest view – 1500 m above sea level. The toll road Nibbevegen takes you to Dalsnibba from RV63. You will have an unforgettable experience of fjord culture, views towards the snow-covered mountains, pure air and the World Heritage Area – all at the same time.

Thanks to its ingenious floor surface and glass guard rail offering unimpeded view, Geiranger Skywalk gives you a sensation of floating – though of course you are perfectly safe! With a clear drop of approx. 500 m beneath your feet, you can enjoy magnificent views of Geiranger and the fjord below, as well as across to the mountains and Blåbreen glacier in a completely new way.

While working on the platform, the old path was restored. Why not park your car in the bottom parking area and follow the 300–400 m path up to the top? The path is an experience in itself. Don't miss the opportunity to admire the sterling work of the Nepalese Sherpa who restored it. Perhaps you'll spot a few surprises along the way too!



SEASON

May to October, follow us on Facebook and homepage for opening date.

www.dalsnibba.no

www.facebook.com/ GeirangerSkywalkDalsnibba

OPENING HOURS

The road up to Dalsnibba is open all hours a day. Operated hours is 09.00–18.00 in high season (15.6–15.8), and 09.00–17.00 the rest of the season.

CONTACT INFORMATION

booking@dalsnibba.no

**** +47 454 81 301

Book your ticket on www.dalsnibba.no/booking







Escape from your hectic life and pamper yourself. Take the Classic Norway escape route and discover beautiful unspoiled nature, relax and unwind.

FLY FROM BERGEN OR OSLO TO MOLDE

Molde – the town of roses – is located in a beautiful setting with fantastic views of the Romsdalsfjord and the 222 peaks of the Molde panorama.

Stay at Hotell Molde Fjordstuer on the edge of the quay in the centre of Molde. À la carte Restaurant.

MOLDE-FINNØY

The journey out to this fishing village far out at the ocean's edge is an experience in itself. The final ferry journey takes around one hour and is an exotic experience in all kinds of weather.

We go ashore on Finnøy and check in at Finnøy Havstuer, on premises that used to house a trading station and fish landing plant. Here you will be served food that comes straight from the sea, and you will also find one of the world's biggest collections of Norwegian aquavit.

On Finnøy, it's easy to relax, unwind and energise. You can also travel out to Ona,

go fishing or enjoy a swim at a swimming complex with fantastic views of the open sea.

FINNØY-HÅHOLMEN

After a hearty breakfast, you return to the mainland and travel on out to Bud, a lively and charming fishing village, where you can eat lunch and visit Ergan Coastal Fort. Drive the outermost road and see Hustadvika – a beautiful, but dreaded stretch of sea. Many ships have been lost in this area. We arrive at the world-famous Atlantic Road with its seven bridges. Known as the 'road in the sea', it winds its way like a sea serpent from Bud to Kårvåg on Averøy. The listed fishing village Håholmen near Kårvåg has served as a meeting place, harbour, home and workplace for fishermen, seamen, traders and travellers for centuries.

The Viking ship Kvitserk takes visitors across to the village. Don's miss the signature dish klipfish when you're there.

Go on an eagle safari or fishing trip, or just enjoy the peace and quiet and the atmosphere of the historical surroundings.

HÅHOLMEN-MOLDE

After a night or two in authentic Håholmen and breakfast at Ytterbrygga with a view of the ocean, you return to Molde.

Experience

- Molde, the town of roses, fjord and mountains
- ✓ Spectacular boat trip
- ✓ Sea spray in your face
- ✓ Enjoy nature (without luxury) with peace and quiet and a mental detox
- ✓ Learn about the fishing villages
- ✓ The Atlantic Road
- ✓ The taste of klipfish
- Read a book on the edge of the quay
- ✓ Sea eagle safari
- ✓ Viking ship
- ✓ Soak up the atmosphere "Take a moment"

Small hotels in BIG surroundings

Hotel chain with unique hotels in idyllic and spectacular surroundings – some of which are so far out at the ocean's edge that the journey itself is an experience. Here, you can learn about cultural history, feel the sea spray in your face, eat food straight from the sea or just relax. Find your magic moment with Classic Norway

Cruise the majestic fjords from Bergen and Stavanger. Every day. All year.







Fjord cruise Bergen-Mostraumen

Pure enchantment: Three-hour cruise with deep fjords, sheer cliffs, waterfalls and strong currents.





Hardangerfjord Express Boat

Beautiful Hardangerfjord is Norway's second-longest fjord, with Barony Rosendal, and Trolltunga.





Fjord cruise Lysefjord & Preikestolen

Gaze up at unforgettable Preikestolen towering over the fjord on a three-hour cruise in fabulous Lysefjord. Cruise with us to one of Norway's biggest attractions.









Preikestolen cruise & hike

See Preikestolen from the water and then hike up to what Lonely Planet calls the world's "most breathtaking viewing platform."



Buy tickets at **rodne.no**, at the pier before departure, or at Tourist Information.



Everybody loves adventures. On the fjords.



Oslo

Stavanger

Bergen



Where the roads are attractions in themselves

The 18 Scenic Routes attraction comprises 18 selected drives through beautiful Norwegian nature. 10 of them are located in the Fjord Norway region.

The experience is enhanced by innovative architecture and thought-provoking works of art at designated viewpoints and picnic areas. The development project is being carried out by the Norwegian Public Roads Administration. The architecture along the route could be anything from a modest expression, such as benches on a smooth, coastal rock, to huge viewpoint platforms that lift you up into the landscape.

Please note that some of the 18 Scenic Routes are closed during winter. This is not the case for the Atlantic Road, Hardanger and Jæren. For more information, please check traffic information at **vegvesen.no**.

For more information on the 18 Scenic Routes in Fjord Norway, see www.fjordnorway.com





Ryfylke, 183 km

The Scenic Route through Ryfylke is a road full of contrasts. Magnificent scenery, agriculture and exciting industrial history. There are surprises around every bend on this route. Iconic nature experiences await you a few detours away on the Lysefjord – the best known of which are Preikestolen (Pulpit Rock) and Kjeragbolten (the Kjerag Bolt).



Ryfylke

Jæren, 41 km

Fjord Norway is more than just steep hills and jagged peaks. The road along the beaches of Jæren offers huge skies, wide horizons and never-ending ocean. There are green fields and views in all directions. The area is known for its beautiful light, its cultural heritage and its beaches that disappear into the horizon.



Hardanger

Hardanger, 158 km

The Scenic Route in Hardanger is like driving through a magnificent painting – a landscape of mountains, fjords, waterfalls and glaciers. Hardanger is a fruit growing region, where farms cling to the edge of the fjord. Berries and fruit are sold many places along the route.

Hardangervidda, 67 km

The road over the magnificent Hardangervidda plateau, also Norway's largest national park, is an exciting attraction in itself. Your heart may well skip a beat when, as you suddenly find yourself winding down through the steep Måbødalen valley, the magical Vøringsfossen waterfall and the blue-green hues of the Hardardanger fjord come into view. This is contrast of the most spectacular kind!



Hardangervidda



Stegastein, Aurland

Aurlandsvegen*, 47 km

Where the new road simply cuts through a tunnel in the mountain, the Aurlandsvegen road, often called the 'Snow Road' takes you high up into the mountains. The road winds its way up the mountains, past a beautiful mountain plateau. At the Stegastein viewpoint, you can enjoy staggering views from a viewing platform that is an architectural gem. The road from Aurland to Stegastein is open all year round.



Likholefossen

Gaularfjellet*, 130 km

The road from Balestrand on the Sognefjord and across Gaularfjellet is a drive through the incredible $diversity of the fjord \, landscape. \, The \, road \, follows \, a \, beautiful \, river \, system \, with \, spectacular \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, with \, spectacular \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, with \, spectacular \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, with \, spectacular \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, with \, spectacular \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, with \, spectacular \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, with \, spectacular \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, with \, spectacular \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, with \, spectacular \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, waterfalls \, road \, follows \, a \, beautiful \, river \, system \, waterfalls \, road \, follows \, a \, beautiful \, road \, follows \, a \, beautiful \, road \, ro$ and mirrored mountain lakes. There are good fishing opportunities and great walking trails along the route. The viewpoint Utsikten is one of the spots that offer fine views over the scenery along the road.



Gamle Strynefjellsvegen

Sognefjellet*, 108 km

From the fertile farms innermost in the Sognefjord, the road continues up, up, up to Norway's roof and the spectacular view of the beautiful peaks of the Jotunheimen mountains and the magnificent glacial landscape. This is the cradle of mountain sports, and a place that inspired the artists and musicians of the national romantic movement. There are fantastic walking opportunities in the area, and many traditional accommodation enterprises and cafés/ restaurants..



Sognefjell

Gamle Strynefjellsvegen*, 27 km

This is a road that predates modern construction machinery that can simply tear its way through the landscape. The Gamle Strynefjellsvegen road winds its way through the landscape lined with guard stones and stone walls. It is a road that is not ashamed to take the long way round. The road, which was started in 1881, was built to connect the Nordfjord area with Eastern Norway. It passes through a spectacular mountain landscape where the snow lies well into summer. It is a reminder of a time when lives were lived at a different pace.



Trollstigen



Trollstigen

10

Atlanterhavsvegen - The Atlantic Road

The Atlantic Road, 36 km

The Atlantic Road from Bud to Kristiansund is a spectacular example of a successful collaboration between man and nature. Since time immemorial, the ocean has been a challenge to traffic in this cultural landscape. Eight bridges connect the islands together, crossing rocky expanses scoured smooth by the elements and windswept crags. The British Newspaper The Guardian called it the best road trip in the world.

Geiranger - Trollstigen*, 106 km

The winding hairpin bends of the Trollstigen road have long been one of the world's most spectacular driving experiences, and the road has attracted tourists since it opened in 1936. The dramatic views from the top are breathtaking. The road continues to Geiranger, which has one of the most spectacular fjord views in Norway.

* Closed during winter



Atlanterhaysveien

Driving your own car in Fjord Norway

Travelling by car in Fjord Norway makes for a great holiday, giving you complete freedom and access to most of the major tourist attractions.

Remember to budget for toll charges and ferry tickets. A ferry trip can cost from NOK 50 to NOK 500 (excluding passengers) depending a on the length/duration of the crossing.

There are plenty of picnic places en route. They are meant to be used for lunch breaks and short stops – not for overnight stays.

Several mountain passes are closed during winter, and during the winter season (October to May), there may be periods when some roads are closed or only open for convoys due to poor weather. You will find an overview at www.175.no (in Norwegian and English). Cars are required to have winter tyres during winter, and snow chains are highly recommended.

Most roads in Fjord Norway are of good standard, but in some places the roads can be narrow and there may be a lot of traffic during the summer. Remember that your insurance must cover driving in Norway, and safety belts must be worn by all passengers. Cars must drive with dipped headlights at all times.

The speed limit in cities and towns is usually 50 or 30 km per hour, and 70 or 80 km per hour in the countryside. It is completely prohibited to drive under the influence of alcohol in Norway.

From Oslo to Bergen via Aurland and Hol

OSLO - GOL - AURLAND - FLÅM - VOSS - DALE - BERGEN

1-3 DAYS 9 515 KM 6 0 FERRIES

SEASON: MARCH to NOVEMBER

A wonderful drive through Hallingdal over the Holsfjellet mountains to Aurland and on to Bergen. Don't miss attractions such as the Stegastein viewpoint, Flåm Railway and the Mølstertunet farmstead in Voss. Drive through this fantastic landscape with views of fjords and mountains and a variety of activities en route, for example a fjord cruise in Flåm. Include an overnight stay or complete the trip in one day.

Read more at fjordnorway.com/toursuggestions



Mølstertunet. Voss Folkemuseum



Nærøyfjorden, Gudvangen

Around the Sognefjord from Bergen

BERGEN - VOSS - GUDVANGEN - KAUPANGER - SOGNDAL -BALESTRAND - VIK - BERGEN



The fjords are the soul of Western Norway – a trip around the Sognefjord is an unforgettable voyage of discovery. En route, you will be tempted to make several enriching detours. Almost everywhere you turn, you will find a magnificent attraction: stave churches, Vikings, glaciers, fjords, orchards and dramatic scenery.

Three cities and a fjord

BERGEN - HAUGESUND - STAVANGER

A trip packed with history, local traditions, attractions, culture, culinary treats and, not least, the beautiful scenery and fjords unique to the cities of Western Norway. Go for a walk along Bryggen in Bergen, see the view from Mount Fløyen, learn about the Vikings in Haugesund, take a fjord cruise along the Lysefjord and enjoy a delicious meal in Stavanger.

Bergen – Haugesund, 139 km, 1 ferry, 3 h 20 min

Bergen – one city, endless possibilities. Known worldwide for its unique charm and atmosphere. A visit to Bryggen is a must, and you can experience the buzz at the Fish Market and enjoy spectacular views from Mount Fløyen and Mount Ulriken. The KODE art museums have many interesting temporary and permanent exhibitions. Catch a concert at Troldhaugen, the house of Edvard Grieg, just a short trip from Bergen city centre. We also recommend a walk along the narrow streets of Nordnes and Sandviken with their quaint wooden houses.

Bergen has been awarded UNESCO City of Gastronomy status and has many good restaurants that place great importance on high-quality, local ingredients.

Now, head for Haugesund. You can stop in Leirvik for a coffee or a bite to eat at the bakery Bakeriet Frugård. A good hour later, you'll arrive in Haugesund. If you are in



Lille-Lungegårdsvann, Bergen

Haugesund in August, you can catch the Sildajazz Jazz Festival and the Norwegian International Film Festival. Take a boat from the harbour in the city centre to the charming islands of Røvær and Utsira. Just outside Haugesund in Avaldsnes, you can learn more about the Vikings – this was the main seat of the Viking king Harald Fairhair. The Langfoss waterfall in the Åkrafjord near Haugesund is also worth a visit. You can also take a detour to the charming sailing ship town of Skudeneshavn.

Skudeneshavn – Stavanger, 82 km, 1 ferry, 2 h 5 min

Stavanger is a city of contrasts for those who like active city experiences. Visit the Norwegian Petroleum Museum and the Norwegian Canning Museum and stop by one of Jæren's long sandy beaches where you can go kayaking, swim or surf. Go for a walk through the charming old town, stroll along the long shopping streets and enjoy a cup of coffee or a meal. Stavanger is a well-known culinary city with two Michelin-starred restaurants, Re-Naa and Sabi Omakase. The Gladmat food festival is held in July each year and the Nuart street art festival is normally held in September.



Old Stavanger



Haugesund

We also highly recommend a cruise on the Lysefjord. If you would like to hike to the Pulpit Rock, you should allow an extra day.

We also highly recommend a cruise on the Lysefjord. If you would like to hike to the Pulpit Rock, you should allow an extra day.

 ${\sf Read\ more\ at\ fjordnorway.com/toursuggestions}$

A family adventure between Bergen and Ålesund

BERGEN - VOSS - FLÅM - JOSTEDAL - LOEN - ÅLESUND

SEASON: JUNE to AUGUST
Fjord Norway is the perfect

Fjord Norway is the perfect destination for a family holiday, and there are lots of exciting activities to choose from for older children and teenagers. You can go cycling, climbing, fishing and kayaking, and explore nature in safe and interesting environments. An adventure awaits in the mountains and fjords between Bergen and Ålesund that will create family memories for life.

Bergen – Voss, 110 km, 2 h

The city between the seven mountains has so much to offer for both children and adults. Try Norway's fastest zipline at the top of Mount Ulriken or go for a more gentle walk and grill sausages over an open fire on Mount Fløyen. If you're not afraid of heights, a climb up the Via Ferrata on Herdla is highly recommended. You can also go kayaking between small islands and inlets.

Relax after an exciting day with a stroll along Bryggen and a well-deserved ice cream. The next day, head for Voss. Voss is a well-known paradise for outdoor activities. Here, the whole family can enjoy the climbing park, try flying in a wind tunnel or go family rafting on the Vosso river. For a more relaxed activity, try your luck fishing from a canoe or from land and see who can catch the biggest trout.

Voss – Flåm, 65 km, 1 h

Try your hand at archery or axe throwing in true Viking style in Gudvangen's Viking village before heading for Flåm.

Cycling in Flåmsdalen valley can be adapted to all levels. You can start at Myrdal for a steeper, more demanding ride and stop for a reward at Rallarrosa traditional mountain farm and dairy. There is also a less steep descent from Berekvam or Blomheller. Whichever way you choose, you are sure to meet a few curious goats en route.

For a high-speed thrill on the Nærøyfjord, take a fjord safari on a RIB. If you're lucky, you might catch a glimpse of a porpoise frolicking in the fjord.

Flåm – Jostedal, 130 km, 1 ferry, 3 h

The next adventure awaits just past the orchards of Sogndal, deep in the Jostedalen valley – a guided glacier trip on the Nigardsbreen glacier. With helmets, ice picks and snow shoes, the whole family will manage to conquer this mighty glacier!

Jostedal - Fjærland, 100 km, 2 h

It's time to make a pit stop in the beautiful village of Fjærland. Make sure you visit the mammoths at the Norwegian Glacier Museum and sample the waffles in the café, and look for treasures among the thousands of second-hand books in the Norwegian Book Town.

Fjærland – Loen, 100 km, 1 h 30 min

There are lots of walks to choose from in Loen, and the Loen Skylift cable car is the perfect place to start. For families with hiking experience who want a challenge,



 $Steps \ to \ the \ viewpoint \ Aksla/Fjell stuain \ \mathring{A}les und$

the Via Ferrata and the walk across the Gjølmunnebrua suspension bridge at 750 metres is an experience of a lifetime.

You can also hire a pedal boat here on the beautiful Nordfjord.

Loen – Ålesund, 140 km, 1 ferry, 3 h

The Art Nouveau town of Ålesund awaits on the last leg of the journey. Learn about the town's history at the Art Nouveau Centre and take in the view from Mount Aksla. The walk up is nice if you have the energy, or you can take the sightseeing train to the top.

Atlanterhavsparken is one of Europe's most unique aquariums, where you can see seals, penguins, wolf fish and gigantic cod close up. You can also take a boat trip just outside the town and let the family try their luck at fishing.



A romantic, culinary round trip with stops at historic hotels

BERGEN - OS - TYSNES - UTNE - BALESTRAND - SOLVORN - FLÅM - BERGEN



Historic hotels, fantastic food and spectacular surroundings – the perfect recipe for romance. Add a few unforgettable activities on this exciting journey between Bergen, Hardanger and the Sognefjord, and you have an ideal holiday for couples.

Bergen - Os, 30 km, 40 min

Start your journey in Bergen, where there are plenty of good restaurants to choose from. Bergen is a UNESCO City of Gastronomy, and many of the restaurants serve delicious local food. Walk in historic surroundings in Nordnes, Sandviken and not least Bryggen, take the Fløibanen funicular and grab a coffee while enjoying the view, and catch a concert in Edvard Grieg's home Troldhaugen, not far from the city centre.

Then head for Os, and enjoy the changing scenery along the way. You can also stop by Oseana Art and Culture Centre and see Per Grieg's art collection. Solstrand Hotel & Bad, just outside the centre of Os, is well known for its 'Taste of the Coast' menu. After enjoying a lovely meal, you can go kayaking on the fjord, walk along the shoreline or relax in the wellness section.

Os - Haaheim Gaard - Utne, 154 km, 2 ferries, 4 h 15 min

There are many attractions on offer along the Hardangerfjord. Haaheim Gaard in Tysnes serves food with a taste of history, based on local produce. Like Solstrand, it is one of the selected cafés and restaurants in the 'Taste of the Coast' network

On your way to Utne, stop by Agatunet, an open-air museum with 30 listed houses. At Utne Hotel, one of the oldest hotels in Norway, dating from 1722, soak up the atmosphere and enjoy a meal of mountain trout from the Tyssedalsfjellene mountains or tender fillet of locally sourced venison. Berries and fruit from Hardanger are the highlights of the dessert menu. Not far from the hotel is Hardanger Folk Museum, the regional museum for Hardanger.

Utne - Balestrand, 134 km, 2 ferries, 3 h 30 min

On your way to Balestrand, stop at Voss, an inland village with strong cultural traditions. Among other things, Voss is known for the Ekstremsportveko extreme sport event, and there are plenty of activities to choose from. How about a rafting trip, or maybe you'd like to try the wind tunnel at Voss Vind?

Before you cross the Vikafjellet mountains, you will pass the beautiful Tvindefossen waterfall. And just before you get to the Sognefjord, take a well-deserved break and visit Hopperstad stave church. Or why not try the traditional gamalost ('old cheese') from Vik i Sogn? Tine Meierier (Norwegian Dairies) has its own cheese bar where you can sample the local cheese.

Balestrand across the fiord is one of the most picturesque places in Western Norway. Ask for a table with a panoramic view of the fjord in the family-run Kviknes Hotel. It serves exciting local dishes based on the finest produce. Afterwards, you can walk among the Swiss-style villas. We also recommend a stop at Ciderhuset ('the Cider House') to try home-made fruit wine or apple cider.

Balestrand - Solvorn, 65 km, 1 ferry, 1 h 38 min

In the peaceful village of Solvorn, you will find Norway's oldest hotel, Walaker Hotell - a romantic, family-run hotel by the fjord. The menu includes Norway lobster caught in the fjord, locally sourced game, home-made cheese and home-made strawberry nectar and apple juice.

Take the ferry across the fjord to the 850-year-old Urnes stave church, an attraction inscribed on the UNE-SCO World Heritage List, and go to Nigardsbreen glacier,





an arm of the Jostedalsbreen glacier, just an hour from the hotel. Here you can take a guided walk on the glacier, or just admire it from afar from the restaurant in the Breheimsenteret Glacier Centre, nearby

Solvorn - Flåm, 87 km, 1 ferry, 1 h 50 min

On your way to Flam, you can either drive through the world's longest road tunnel, Lærdalstunnelen (24.5 km), or choose the Aurlandsfjellet National Tourist Route, where you will be rewarded with a magnificent panorama of the Aurlandsfjord. Whichever route you choose, don't miss the Stegastein viewpoint overlooking the Aurlandsfjord - a great opportunity to take photos of the spectacular views.

Flåm is also home to Fretheim Hotel attracting quests. since the 1800s. The hotel offers local food based on produce from the farms in and around Flåm, and is also the perfect starting point for great experiences. You can join a beer tasting session at Ægir, the local craft brewery, try a fiord cruise on the Nærøyfiord, and, of course, take the famous Flåm Railway. Flåm also offers opportunities for guided kayak trips and RIB boat trips.

Flåm - Bergen, 167 km, 2 h 35 min

Stop at Gudvangen on your way back to Bergen. The Viking village Njardarheimr is worth a visit before setting out on the last few kilometres of driving.

A spectacular tour of Western Norway from Oslo to Møre og Romsdal, Nordfjord, the Sognefjord and Bergen

OSLO - LILLEHAMMER - GEIRANGER - ÅNDALSNES - KRISTANSUND - MOLDE - ÅLESUND - LOEN BALESTRAND - KAUPANGER - GUDVANGEN - VOSS - BERGEN

The trip provides great contrasts: wide valleys and rugged mountains, Norway's most beautiful fjords and mightiest glaciers, charming villages and lively towns, stave churches and other cultural history attractions.

Oslo - Geiranger, 445 km, 6 h 10 min

On your way to Geiranger, you will pass through changing scenery, in the Gudbrandsdalen valley. At Dalsnibba, enjoy the views of one of Norway's most beautiful fjords - the Geirangerfjord. Flydalsjuvet viewpoint is also well worth

A sightseeing cruise is the best way to see the World Heritage fjord, with its impressive waterfalls, small abandoned farms clinging to the mountainsides, grazing goats and steep walls of rock.

Geiranger – Åndalsnes, 134 km, 1 ferry, 2 h 40 min

Continue along Ørnevegen, part of the National Tourist Route Geiranger-Trollstigen. Stop at the Ørnesvingen viewpoint for one last panoramic photo of the fjord.

Trollstigen is one of Norway's most beautiful and dramatic stretches of road. Take your time at the viewpoint, which offers striking views of the valley and the hairpin bends up the mountainside

Åndalsnes is beautifully situated between the mountains and the fiord, and is a paradise for experienced walkers. Here you will find the spectacular Romsdalseggen ridge, and the Norwegian Mountaineering Centre.

Take a trip on the Raumabanen Railway. It goes past the steep Trollveggen cliff, Europe's highest perpendicular rock face at 1,000 metres.

Åndalsnes – Kristiansund, 121 km, 1 ferry, 2 h 30 min

At the Atlantic coast lies Kristiansund, scattered over four islands. The best way to see the town is to hop aboard the Sundbåten boat. Treat yourself to the traditional speciality clipfish.

The small island of Grip was once a thriving fishing village. Today, this island at the edge of the ocean has no permanent residents, but is a beautiful place for a boat trip from Kristiansund.

Kristiansund – Bud – Molde, 105 km, 1 h 55 min

With its eight bridges elegantly connecting islands, islets and skerries to the mainland, the Atlantic Road National Tourist Route is a real feat. The road is as spectacular in sea spray and stormy weather as on a sunny day.

The small fishing village of Bud was once the biggest trade centre between Bergen and Trondheim, during the golden age of clipfish. Today, it is home to several good seafood restaurants.

Molde is known as the town of jazz and roses, but it is also known for its panoramic views of an amazing 222 mountain peaks. At Romsdal Museum, vou can walk through the open-air museum with its collection of traditional buildings.

Molde - Ålesund, 80 km, 1 ferry, 2 h

Ålesund probably has the world's most comprehensive and harmonious concentration of Art Nouveau architecture. We recommend a guided city walk and a visit to the Art Nouveau Centre

You should climb the steps, or take the sightseeing train to Mount Aksla. The panoramic views will make you appreciate Ålesund's fantastic location by the sea

Ålesund - Loen, 140 km, 1 ferry, 2 h 45 min

Continue on to Loen, where the Loen Skylift cable car takes you from the fjord to the top of Mount Hoven in just 5 minutes. Here, at 1,011 metres, spectacular views await you. Consider a trip to Briksdalsbreen glacier, the most famous arm of Jostedalsbreen.

Loen - Vassenden - Balestrand, 238 km, 4 h 20 min

From Loen, take the Gaularfiellet National Scenic Route to Balestrand. The viewpoint Utsikten, literally 'the view', really lives up to its name!

Midway between Loen and Balestrand is Astruptunet, home of the painter Nikolai Astrup (1880-1928), one of Norway's most well-known artists



Balestrand is a creative, picturesque village by the Sognefjord, with long-standing art and tourism traditions. It is home to beautiful Swiss-style villas, the grand Kviknes Hotel and activities such as kayaking and cycling for the whole family.

If you want to taste locally produced apple cider, stop by Ciderhuset. Boats depart daily for Fjærland, where you can explore the Norwegian Book Town and the Norwegian Glacier Museum.

Balestrand - Kaupanger - Gudvangen, 60 km (to Kaupanger), 1 ferry (2 h 30 min), 4 h in total

Driving along the Sognefjord, you will pass by several idyllic villages with lush orchards. Stop at Kaupanger stave church dating from the 1100s, the biggest stave church in Soan.

Enjoy the view from the deck of the ferry between Kaupanger and Gudvangen. People have been living by the fjord in the innermost parts of the Sognefjord since time immemorial. The Nærøyfjord and the Geirangerfjord are inscribed on the UNESCO World Heritage List. Travel a thousand years back in time and meet real Vikings in the Viking village of Njardarheimr in Gudvangen.

Gudvangen - Voss, 45 km, 45 min

From Gudvangen drive the 13 hairpin bends at Stalheimskleiva road, one of the steepest roads in Northern Europe.

The mountain town of Voss keeps local cultural traditions alive, and we recommend a visit to the folk museum. Voss offers exciting activities for both children and adults all year round. We can mention rafting on the Vosso river, an indoor wind tunnel, a climbing park and trout fishing.

Voss - Bergen, 106 km, 1 h 40 min

In Bergen you will find another World Heritage attraction; Bryggen, with its distinctive colourful houses dating from the Hanseatic era. Stroll through the narrow alleyways and galleries, and take the Fløibanen funicular to get a bird's eve view of the city.

Bergen is known for its rich cultural scene. Visit the KODE art museums.



Geirangerfjord



Svv Søstre



Loen Skylift



Njardarheimr Vikikg village, Gudvangen



from Oslo to Gudvangen and Avaldsnes

OSLO - GUDVANGEN - BERGEN - HAUGESUND - KARMØY - STAVANGER - OSLO



The Vikings' ruthless warmongering, eye for design and storytelling ability have earned them an important place in the world's history books. Not only were the Vikings merciless warriors, they were also sophisticated and capable craftsmen who worked with metal and wood. They made beautiful jewellery and objects. On this trip, we take you to the land of the Vikings; you will get to see how they lived, meet 'real-life' Vikings, go to a market, eat real Viking food, and lots more. A historic journey packed with experiences where you follow in the Vikings' footsteps.

Oslo - Gudvangen, 330 km, 4 h 50 min

In the Viking village Njardarheimr in Gudvangen you can see and experience first-hand what it was like to live in the Viking Age. You can taste real Viking food, see an authentic Viking battle, and learn more about their weapons – maybe you would like to try your hand at archery or axe throwing? – or you can listen to stories from the Viking Age. Njardarheimr is a permanent Viking village for people who want to live like real Vikings.

Gudvangen – Bergen, 147 km, 2 h 15 min

Ever since the Viking Age, Bergen has been an important trading and shipping town. The Viking market and Medieval festival Bjørgvin Marknad is organised every year in June at the Hordamuseet museum. In addition to Mount Fløyen, Bryggen and the famous attractions in Bergen, we recommend a visit to Bergen Maritime Museum to look at models of the famous ships that have been found from the Viking Age (800–1050): Oseberg and Gokstad.

Bergen – Haugesund – Avaldsnes, 147 km, 1 ferry, 3 h 30 min

Haugesund – the land of the Vikings. A rich coastal and urban culture, unique Viking history, glaciers, mountains and the ocean, idyllic island communities and lighthouses are just some of the attractions you will find here.

Just outside Haugesund lies Avaldsnes, a reconstructed Viking village. This is Norway's oldest royal seat, where you can learn about the life and times of the Vikings and experience the historic cultural landscape of high mountains and wild sea. The authentic surroundings give visitors an immediate sense of being in the Viking Age,

and you can learn about how the Vikings made a living from fishing, agriculture, craft, trade, art and culture, and how they celebrated feast days etc. The Viking festival is held in mid-June every year.

Avaldsnes - Stavanger, 75 km, 2 h, 1 ferry

Do you want to learn about the treasures the Vikings brought home to Norway? Or about the beautiful necklaces goldsmiths made in the 6th century? If so, you should visit the Museum of Archaeology in Stavanger. Three kilometres from Stavanger you will also find the Iron Age Farm at Ullandhaug, a reconstructed farm from the Iron Age.

The national monument Swords in Rock (Sverd i Fjell) is found at Hafrsfjord. The story goes that it was here that Harald Fairhair united Norway into one kingdom in 872. The monument consists of three large swords that have been planted in the rock.

Stavanger also has lots of other exciting activities to offer for active visitors and culture enthusiasts. The city can also boast two Michelin-starred restaurants.

Stavanger - Oslo, 457 km, 7 h 10 min

On your way back to Oslo from Stavanger you will, among other things, drive along Frafjordheiane. This is a landscape protection area with a characteristic and beautiful landscape that is home to wild reindeer, moose, deer and a rich bird life.



Swords in rock, Hafrsfjord



Avaldsnes Viking village



Borestranden beach, Jæren

Family round trip between Kristiansand and Bergen

KRISTIANSAND - STAVANGER - HAUGESUND - BERGEN - VOSS - LOFTHUS - JØRPELAND - SOGNDALSTRAND - KRISTIANSAND



SEASON: JUNE to AUGUST

An active trip suitable for the whole family. Learn about the Vikings, visit family parks, take the Fløibanen funicular in Bergen, go flying in the wind tunnel in Voss, and see the impressive Hardangerfjord.

Kristiansand – Stavanger, 235 km, 3 h 30 min

When you leave Kristiansand, the landscape gradually becomes wilder and more beautiful. Along the coast, you will find the beautiful beaches of Jæren, which are well worth a detour.

In Stavanger, the Norwegian Petroleum Museum and Kongeparken amusement park offer plenty of activities for the kids. Stavanger is famous for its street art, but also for its gastronomy, with two Michelin-starred restaurants.

Stavanger – Haugesund, 80 km, 1 ferry, 2 hours

Outside Haugesund, visit Avaldsnes and the reconstructed Viking farm. A Viking festival is held each year, normally in early/mid-June.

A 50 min drive from Haugesund is Høyt & Lavt climbing park, a fun activity for the whole family. In Haugesund, go on a RIB adventure to Røvær, a small island with 110 inhabitants – and 1 car.

Haugesund – Bergen, 140 km, 1 ferry, 3 h 30 min

In Bergen, take the Fløibanen funicular and the Ulriken cable car. You can also take the small passenger ferry from the Fish Market to the aquarium, and experience the VilVite Science Centre. At Mount Ulriken and Mount Fløyen, you can try the ziplines, an obstacle course, great playgrounds and go hiking.

Bergen – Voss, 110 km, 1 h 30 min

In Voss, try the wind tunnel and family rafting. Voss hosts the Extreme Sport Week at the end of June/beginning of July each year, and offers a wealth of activities for the whole family.

Voss - Lofthus, 60 km, 1 h

In Kinsarvik, Mikkelparken theme park is a nice stop for young children. Continue onwards to Lofthus, where we recommend a stay at Ullensvang Hotel. Enjoy the outdoor and indoor pool, the spa facilities and a magnificent view of the Hardangerfjord.

Lofthus – Jørpeland, 230 km, 1 ferry, 4 h 30 min

In Sand, visit the salmon studio next to the Sandfossen waterfall. Part of the salmon studio is under water, allowing us to observe the fish through two large glass windows. At Mo Laksegard (Salmon farm) you can try a salmon safari in a dry-suit in the river.

Active families with older children should consider a hike to Preikestolen (the Pulpit Rock). It is one of the top attractions in Fjord Norway, and you will be rewarded with a spectacular view of the Lysefjord from the mountain plateau.

Jørpeland – Sogndalstrand, 110 km, 1 ferry, 2 h 30 min

If you have time, you can take a detour and see the spectacular Lysefjord and Preikestolen (the Pulpit Rock) from below on a fjord cruise from Forsand or Stavanger.

Sogndalstrand is a picturesque village with lots of activities on offer, and is one of the most popular tourist destinations in the region.

Sogndalstrand – Kristiansand, 150 km, 2 h 30 min

Continue south along the coast to Kristiansand. If you have time to spare, visit the Kristiansand Zoo and Amusement Park, 11 km east of Kristiansand.

Read more at **fjordnorway.com/toursuggestions**



Aquarium, Bergen



 $The \, Norwegian \, Petroleum \, Museum \, in \, Stavanger$



Stavanger

© CH/Visi

A family adventure between Bergen and Ålesund

BERGEN - VOSS - FLÅM - JOSTEDAL - LOEN - ÅLESUND

(6-7 DAYS

% 9 630 KM

2 FERRIES

SEASON: JUNE to AUGUST

Fjord Norway is the perfect destination for a family holiday, and there are lots of exciting activities to choose from for older children and teenagers. You can go cycling, climbing, fishing and kayaking, and explore nature in safe and interesting environments. An adventure awaits in the mountains and fjords between Bergen and Ålesund that will create family memories for life.

Read more at fjordnorway.com/toursuggestions



Bergen, view from Mt Fløyen



A World Heritage attractions trip: Ålesund, the fjords and Bergen

ÅLESUND – HELLESYLT – GEIRANGER – STRYN – SOGNDAL – KAUPANGER – GUDVANGEN – VOSS – BERGEN

(5-8 DAYS

⁸♀ 621 KM

🙇 4 FERRIES

SEASON: JUNE to AUGUST

Norway has many world-class attractions. According to UNESCO, some of our cultural and natural attractions are so unique that they are considered to be treasures that belong to all of humankind. People have been living in these deep valleys and narrow fjords since time immemorial, and you can still see traces of ancient settlements.

 ${\sf Read\ more\ at\ fjordnorway.com/toursuggestions}$

Autumn trip focusing on local food between Bergen and Hardanger

BERGEN - OS - LOFTHUS - ULVIK - NORHEIMSUND - BERGEN

5-7 DAYS

%⊋ 370 KM

2 FERRIES

SEASON: SEPTEMBER to **OCTOBER**

An autumn trip with a taste of local food! Bergen, Os and Hardanger offer wonderful food experiences, from gourmet to simple cuisine, and you get to experience Bergen – the city between the seven mountains – and the beautiful Hardangerfjord.

 ${\sf Read\ more\ at\ fjordnorway.com/toursuggestions}$



Lysverket restaurant, Bergen



Skudeneshavn

Cultural treasures along the North Sea Road

KRISTIANSAND – SOGNDALSTRAND – EGERSUND – LYSEBOTN – RØLDAL – HAUGESUND – SKUDENESHAVN – STAVANGER – KRISTIANSAND

5-7 DAYS

₹9 1100 KM

🙇 3 FERRIES

SEASON: JUNE to SEPTEMBER

Come on a journey of discovery in Norway's cultural heritage, follow the North Sea Road through almost unspoilt coastal landscape, experience towering mountains, dramatic fjords, heathland and beautiful waterfalls. You will find charming villages and well-preserved cultural treasures that echo of the past.



Book fjord tours, hotels and exciting activities - all in one package!











Online booking at fjordtours.com



gofjords.com

ન¦તe NORLED**E** Feel like experiencing the best of Norwegian fjords? Come see us!

Find tours by boat, bus and hikes to sites such as Preikestolen, Kjerag and

Trolltunga, in the Lysefjord, Hardangerfjord and Sognefjord. Experiences that
give you goosebumps, Instagram moments, beating heart, peace of mind,
and most importantly: memories for life.



UP TO THE FJORDS!



State-of-the-art interiors, environmentally friendly technology, top-class entertainment, fine food and plenty of time to relax await you as you travel to or from Norway on one of our Fjord Line ferries.

Come aboard and experience a unique and unforgettable crossing on one of our journey-of-a-lifetime ferries, which set sail every day to take you safely and relaxingly to your destination – such as directly to **Stavanger** (Risavika) or **Bergen** in Fjord Norway, with arrival and departure times that are ideal for your holiday.

A journey with one of our ships is either the promising start or the crowning glory of your adventure in the Land of Trolls. We transform every crossing into a mini cruise that whets your appetite for sea travel and more. Discover just how sophisticated and exciting a ferry crossing can be – and benefit from the excellent value for money it offers.

Welcome aboard!



Fjord Line GmbH

Nizzestraße 28 | 18311 Ribnitz-Damgarten, Germany Tel.: +49 3821 709 72 10 | Email: Buchung@FjordLine.de



Public Transport

If you can find it on the map, you've got a good chance that a bus or boat will take you there. Many foreign travellers are positively astonished at how good public transport is in Norway. Even the most remote destinations have viable communications with the world-at-large, and for those who live there this is important confirmation that they are part of the greater community.

Local buses seem to go everywhere, but the route to your destination may meander a bit. You do well to check the schedule and plan your return and your options – and then can afford to be spontaneous and set your own timetable.

Express buses offer efficient travel over large distances, from town to town. Nor-Way Bussekspress guarantees that if the last seat is taken, they'll drive an extra bus.

Express boats sail up and down the coast, in sheltered waters and across open seas, to towns and villages, and islands large and small. They provide perfect logistics for a holiday of island hopping, or an itinerary entirely

of your own choosing. Even though a growing number of bridges and subsea tunnels are being built, it is the ferries that unite Fjord Norway. (For the most popular ferries, you're wise to queue early: Geiranger–Hellesylt, Gudvangen–Kaupanger and Lauvvik–Lysebotn.)

The **sightseeing boats** take you to great sights – and then back to your starting point.

The **Norwegian State Railway** NSB offers two main entries into Fjord Norway: the Bergen Railway and the Southern Railway. In addition, you can enjoy adventures on Flåmsbana and the Rauma Railway. Best in daylight!

Flying provides an enriching perspective. Seen from the air, Norway is the very image of modesty; we occupy surprisingly small portions of the land, surrounded by vast tracts of unspoiled wilderness.

Today there is fierce competition between the airlines – a decided advantage for travellers. Norway's domestic airlines offer great deals in the summer. Others sell passes that allow you to travel almost freely in a given time frame. Be aware that there are many minor airports; perhaps right near where you're headed.

Experience:

Unless you are a solitary traveller, check if you can get a group **discount**. Youths with time on their hands intending to explore a given county in depth, may want to inquire about a one-month youth pass (ungdomskort). There are many discount combinations. If you use them wisely, your savings can further enrich your holiday.

For **schedule information** (and prices) for the county that you're already in, simply dial **177** from a local phone. The airlines and Norwegian State Railway NSB have their own schedule information service.

Have a great journey!

Useful websites:

Bus: tide.no, skyss.no, kolombus.no, ruteopplysningen.no, kringom.no

Train: nsb.no

Boat/ferry: norled.no, rodne.no, fjordtours.com, fjord1.no



Ferries from/to the Continent

It feels natural to take the sea route to Fjord Norway - where people have always earned a living from and lived by the sea. Fjord Norway has ferry connections to the Continent.

ROUTE (RETURN)	DEPARTURES	DURATION	INTERNET
Hirtshals (Denmark) - Larvik	2 times daily	3 h. 45 mins.	www.colorline.com
Hirsthals (Denmark) - Kristiansand	2 times daily	3 h. 15 mins.	www.colorline.com
Kiel (Germany) - Oslo	Daily	20 h.	www.colorline.com
Strømstad (Sweden) - Sandefjord	4 times daily	2 h. 30 mins.	www.colorline.com
København (Denmark) - Oslo	Daily	17 h.	www.dfdsseaways.com
Hirtshals (Denmark) - Bergen	Daily	16 h. 15 mins.	www.Fjordline.no
Hirtshals (Denmark) - Stavanger	Daily	10 h. 30 mins.	www.Fjordline.no
Hirtshals (Denmark) - Kristiansand	Daily	2 h. 15 mins.	www.Fjordline.no
Hirtshals (Denmark) - Langesund	Daily	4 h. 30 mins.	www.Fjordline.no
Strømstad (Sweden) - Sandefjord	Daily	2 h. 15 mins	www.Fjordline.no
Fredrikshavn (Denmark) - Oslo	Daily	8 h. 45 mins.	www.stenaline.no/stenaline.dk



Express boat services in Fjord Norway

The modern express coastal route connects Fjord Norway. Here is a list of the short local routes and longer regional routes available. Most coastal express boats serve meals. Indeed, they are quite an adventure in themselves!

ROUTE	FREQUENCY	TRAVELLING TIME	INTERNET
Bergen - (Balestrand) Flåm (May-Sept.)	Daily	5 hrs.25 mins.	www.norled.no
Bergen - (Askvoll-Florø-Måløy) Selje	2 times a day	5 hrs. 5 mins.	www.norled.no
Bergen - Rubbestadneset (Austevoll ruten)	4 times a day	1 hrs.30 mins.	www.skyss.no
Bergen - Austevoll-Rubbestadneset-Leirvik-Skånevik-Ølen	2 times a day	3 hrs.5 mins.	www.skyss.no
Bergen - (Balestrand) Sogndal	Once a day	4 hrs. 50 mins.	www.norled.no
Bergen - Os - Rosendal	2 times a day	2 hrs.	www.rodne.no
Bergen - Frekhaug - Knarvik (Nordhordland ruten)	6 times a day	27 mins.	www.skyss.no
Bergen - Kleppestø (Askøyruten)	21 times a day	13 mins.	www.norled.no
Flåm - Balestrand (Flåmekspressen) (01.05-30.09)	2 times a day	2 hrs.	www.fjord1.no
Hellesøy - (Lyngøy-Hernar-Sanden) Nordøysund	2/4 times a day	15 mins.	www.gulenskyss.no
Kristiansund - (Ringholmen) Edøya, Kystekspressen	4 times a day	40 mins.	www.kystekspressen.no
Kristiansund - Trondheim, Kystekspressen	3 times a day	3 hrs. 15 mins.	www.kystekspressen.no
Leirvik - Bergen	4 times a day	2 hrs.	www.skyss.no
Molde - (Helland) Vikebukt	app. 9 times a day	20 mins.	www.frammr.no
Måløy - (Smørhamn) Florø, Kystekspressen	Once a day	1 hrs. 15 mins.	www.fjord1.no
Norheimsund - Utne - Kinsarvik - Lofthus - Ulvik - Eidfjord	Once a day (01.05 30.09.)	2 hrs. 45 mins.	www.norled.no
Sogndal - Selje (Change boats at Rysjedalsvika, 10 min. wait)	Once a day	5 hrs. 5 mins	www.norled.no
Stavanger - (Sand) Sauda	4 times a day	2 hrs. 35 mins.	www.kolumbus.no
Stavanger - Fister - Hjelmeland	3 times a day	1 hrs.25 mins.	www.kolumbus.no
Stavanger - Jelsa	4 times a day	1 hrs. 15 mins.	www.kolumbus.no
Ålesund - Hareid	app. 15 times a day	25 mins.	www.frammr.no
Ålesund - Valderøya - Nordøyane	6 times a day	65 mins.	www.frammr.no
Ålesund - Langevåg	20 times a day	10 mins.	www.frammr.no

NB! Fares, times and number of sailings may be subject to change.



Toll payments in Norway

www.autopass.no



Most toll plazas in Norway are automatic and have the AutoPASS sign. Drive straight through without stopping. An invoice will be sent to you later.

There are only one toll plaza with manual payment – see map at www.autopass.no (Visitor's Payment).

Most vehicles have a valid toll payment contract and have a toll tag installed. If

you have not signed a contract in advance, a photo will be taken of your registration plate and an invoice sent to the vehicle owner.

From 1 January 2015, a compulsory tag has been introduced for all commercial heavy goods vehicles above 3.5 tonnes.

Different contracts:

- AutoPASS contract: contact a toll road operator
 see www.autopass.no
- Visitor's Payment: maximum two months' duration - see www.autopass.no (Visitor's Payment)
- EasyGo partnership between Norway, Sweden, Denmark and Austria
 - see www.easygo.com

Have a pleasant journey!

TOLL ROADS (PRICES 2017)	ROAD	CAR
Gjesdal, Rogaland	Fv. 45	48
Toll ring Stavanger (A), Rogaland T/R		20
The Finnøy Mainland Connection, Rogaland	Fv.519	150
T-Connection. Haugaland Bomselskap, Rogaland	Fv. 47	30
The Halsnøy Connection, Hordaland	Fv. 544	100
Stordals tunnel, Åkrafjorden, Hordaland	E134	43
The Haugaland Connection, Rogaland	E39/E134/Rv. 47	14
Bømlopakken, Spissøy	FV542	80
The Jondal tunnel, Hordaland	Fv. 551	100
Askøypakken, Hordaland	FV562/563	26
Toll ring Bergen (A), Hordaland T/R		19/45
Hardangerbridge, Hordaland	Rv. 13/Rv.7	150
Toll booths in Kvam, Hordaland	Fv. 7	47
Voss-Granvin, Hordaland	Rv. 13	47
Vaksdal-Voss, Hordaland	E16	47
Førdepakken	E39/Rv5/Fv481/484	26
Årdal-Turtagrø* Sogn og Fjordane (Closed during winter)		80
The Atlantic Tunnel, Møre og Romsdal	Fv. 64	98
Sykkylven bridge, Møre og Romsdal	Fv. 71	37
Tresfjordbrua, Vågstrandstunnelen and Hjelvikbruene	E136	90/45/42
Dalsnibba/Nibbevegen, Møre og Romsdal		140

Prices are quoted in NOK



Ports of call for the Hurtigruten/Coastal Express www.hurtigruten.com

The Coastal Express plies the whole coast from Bergen in the south to Kirkenes near the border with Russia. Since 1893, the Coastal Express has plied the Norwegian coast as a combined passenger, freight and tourist service. Today, the fleet consists of new, up-to-date vessels. One of the ships leaves Bergen every evening all year round, calling at a total of 35 ports along the coast. The Bergen-Kirkenes-Bergen round trip takes 11 days.

Ports of call in Fjord Norway: BERGEN - FLORØ - MÅLØY - TORVIK - ÅLESUND - GEIRANGER (SUMMER / FALL) - HJØRUNDFJORDEN (FALL) - MOLDE - KRISTIANSUND



Trains in Fjord Norway

From abroad, the train connections to Oslo are excellent, with onward connections to Stavanger, Bergen, Flåm and Åndalsnes.

NAME OF LINE	ROUTE, EITHER WAY	DISTANCE	DURATION	FULL PRICE WHOLE STRETCH
Bergensbanen	Bergen-Myrdal-Finse-Geilo-Oslo	479 km	ca. 7 hrs.	939
Flåmsbana	Myrdal-Flåm	20 km	ca. 1 hrs.	390
Raumabanen	Åndalsnes-Dombås-Oslo	457 km	ca. 5,5 hrs.	889
Sørlandsbanen	Stavanger-Kristiansand-Oslo	598 km	ca. 8 hrs.	1025

Source: www.nsb.no www.flaamsbana.no www.fjordtours.com

All prices are stated in Norwegian kroner (NOK).

NB! We reserve the right to make changes to prices and departure times.



skyss.no



Travel by bus, boat and light rail when you want to enjoy Bergen and Hordaland!

skyss 🛭



^{*}www.tindevegen.no



Car Ferries in Fjord Norway

The ferries provide a welcome break from driving. Once on board, you can enjoy the view of the fjord. You can buy snacks on most ferries. Be warned, there may be queues in the summer months. On many crossings, it is possible to make a reservation – contact the ferry company. Contact the ferry company for further information.

ROUTE	DEPARTURES	DURATION	NIGHT	INTERNET
ROGALAND				
Fogn-Judaberg-Nedstrand-Jelsa	11/2 times a day	20 mins./3 hrs.		norled.no
Hjelmeland-Nesvik-Skipavik	61/11 times a day	11/17 mins.		norled.no
Lauvvik- Oanes	41 times a day	11 mins.		norled.no
Mekjarvik-Kvitsøy	10 times a day	85 mins.		norled.no
Mortavika-Arsvågen	49 times a day	25 mins.	х	fjord1.no
Stavanger-Tau	32 times a day	40 mins.		norled.no
Lauvvik*-Lysebotn (tourist route June - Sept).	2 times a day	2 hrs. 30 mins.		thefjords.no
HORDALAND				
Breistein-Valestrand	33 times a day	12 mins.		osteroy-ferjeselskap.no
Buavåg-Langevåg	17 times a day	20 mins.		norled.no
Gjermundshamn-Varaldsøy-Årsnes	32 times a day	20 mins.		norled.no
Halhjem-Våge	13 times a day	35 mins.		fosennamsos.no
Hodnanes-Nordhuglo-Jektevik	25 times a day	10/25 mins.		norled.no
Hufthamar-Krokeide	19 times a day	35 mins.		fosennamsos.no
Husavik-Sandvikvåg	12 times a day	20 mins.		fosennamsos.no
Jondal-Tørvikbygd	19 times a day	20 mins.		norled.no
Leirvåg-Sløvåg	18 times a day	20 mins.		norled.no
Sandvikvåg-Halhjem	35 times a day	40 mins.	х	fjord1.no
Utbjoa-Sydnes-Fjeldbergøy-Borgundøy-Skjærsholmane	1-7 times a day	45/60 mins.	^	norled.no
Ranavik-Skjærsholmane	21 times a day	45/60 mins.		norled.no
Fedje-Sævrøy	12 times a day	40 mins. 30 mins.		norled.no
		20 mins.		
Utne-Kvanndal	17 times a day			norled.no
Utåker-Matre-Skånevik	15/5 times a day	20 mins.		norled.no
Venjaneset-Hatvik	29 times a day	12 mins.		fosennamsos.no
Kinsarvik-Utne	10 times a day	30 mins.		norled.no
Klokkarvik – Lerøy – Bjelkarøy – Hjellestad	7 times a day	25/35 mins.		gulenskyss.no
SOGN OG FJORDANE				
Anda-Lote	38 times a day	15 mins.		fjord1.no
Askvoll-Fure-Værlandet	7 times a day	1 hr.		fjord1.no
Askvoll-Gjervik-Fure	21/3 times a day	10/35 mins.		fjord1.no
Daløy-Haldorsneset	16 times a day	8 mins.		fjord1.no
Dragsvik-Vangsnes	28 times a day	30 mins.		fjord1.no
Fodnes-Mannheller	56 times a day	15 mins.		fjord1.no
Hella-Dragsvik	28 times a day	10 mins.		fjord1.no
Hella-Vangsnes	28 times a day	15 mins.		fjord1.no
Isane-Stårheim	20 times a day	15 mins.		fjord1.no
Lavik-Oppedal	56 times a day	20 mins.		norled.no
Oldeide-Måløy	13 times a day	35 mins.		fjord1.no
Rysjedalsvika-Rutledal-Krakhella	8 times a day	1 hr.		fjord1.no
Solvorn-Ornes	4/8 times a day	20 mins.		lustrabaatane.no
Kaupanger-Gudvangen (Car ferry cruise on Nærøyfjord, May - Sept)	1-5 times a day	2 hrs. 30 mins.		fjord2.com
Fjordcruise Nærøyfjord (Gudvangen-Flåm)	8 times a day	2 hrs. 15 mins.		thefjords.no
Fjordcruise Fjærlandsfjord (Balestrand/Hella-Fjærland) (tourist route		1 hrs. 40 mins.		thefjords.no
MØRE OG ROMSDAL				,
	22.5	45 .		C. Ia
Arasvika-Hennset	22 times a day	15 mins.		fjord1.no
Aukra-Hollingsholmen	33 times a day	15 mins.		fjord1.no
Brattvåg-Dryna-Fjørtofta-Harøya	6/23 times a day	60 mins.		fjord1.no
Edøya-Sandvika	19 times a day	20 mins.		fjord1.no
Eidsdal - Linge	43 times a day	10 mins.		fjord1.no
Geiranger-Hellesylt	3 times a day (01.1031.10.) 4 times a day (01.0531.5.) (01.0930.09.) 8 times a day (01.0631.08.)	60 mins.		thefjords.no
Haramsøya-Lepsøya-Skjeltene	30 times a day	20/40 mins.		norled.no
Hareid-Sulesund	48 times a day	25 mins.		norled.no
Festøya-Hundeidvika	15 times a day	20 mins.		fjord1.no
Festøya-Solavågen	44 times a day	20 mins.		fjord1.no
Larsnes-Åram-Voksa-Kvamsøya	10 times a day	45 mins.		norled.no
Halsa-Kanestraum	50 times a day	20 mins.		fjord1.no
Kvanne-Rykkjem	34 times a day	10 mins.		fjord1.no
	21 times a day	15 mins.		fjord1.no
· · ·	21 miles a day	15-55 mins.		fjord1.no
Leknes-Sæbø	3/21 times a day			•
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal	3/21 times a day 9 times a day			fiord1.no
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal Molde-Sekken	9 times a day	40 mins.		fjord1.no fjord1 no
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal Molde-Sekken Molde-Vestnes	9 times a day 45 times a day	40 mins. 35 mins.		fjord1.no
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal Molde-Sekken Molde-Vestnes Seivika-Tømmervåg	9 times a day 45 times a day 32 times a day	40 mins. 35 mins. 25 mins.		fjord1.no fjord1.no
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal Molde-Sekken Molde-Vestnes Seivika-Tømmervåg Solholmen-Mordalsvågen	9 times a day 45 times a day 32 times a day 30 times a day	40 mins. 35 mins. 25 mins. 15 mins.		fjord1.no fjord1.no fjord1.no
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal Molde-Sekken Molde-Vestnes Seivika-Tømmervåg Solholmen-Mordalsvågen Stranda-Liabygda	9 times a day 45 times a day 32 times a day 30 times a day 30 times a day	40 mins. 35 mins. 25 mins. 15 mins. 15 mins.		fjord1.no fjord1.no fjord1.no fjord1.no
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal Molde-Sekken Molde-Vestnes Seivika-Tømmervåg Solholmen-Mordalsvågen Stranda-Liabygda Sykkylven-Magerholm	9 times a day 45 times a day 32 times a day 30 times a day 30 times a day 56 times a day	40 mins. 35 mins. 25 mins. 15 mins. 15 mins. 15 mins.		fjord1.no fjord1.no fjord1.no fjord1.no fjord1.no
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal Molde-Sekken Molde-Vestnes Seivika-Tømmervåg Solholmen-Mordalsvågen Stranda-Liabygda Sykkylven-Magerholm Sølsnes-Åfarnes	9 times a day 45 times a day 32 times a day 30 times a day 30 times a day 56 times a day 36 times a day	40 mins. 35 mins. 25 mins. 15 mins. 15 mins. 15 mins. 15 mins.		fjord1.no fjord1.no fjord1.no fjord1.no fjord1.no fjord1.no
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal Molde-Sekken Molde-Vestnes Seivika-Tømmervåg Solholmen-Mordalsvågen Stranda-Liabygda Sykkylven-Magerholm Sølsnes-Åfarnes Småge-Orta-Finnøya-Sandøya-Ona	9 times a day 45 times a day 32 times a day 30 times a day 30 times a day 30 times a day 56 times a day 4 times a day	40 mins. 35 mins. 25 mins. 15 mins. 15 mins. 15 mins. 15 mins. 50 mins.		fjord1.no fjord1.no fjord1.no fjord1.no fjord1.no fjord1.no torghatten-nord.no
Leknes-Sæbø Leknes-Sæbø-Trandal-Standal Molde-Sekken Molde-Vestnes Seivika-Tømmervåg Solholmen-Mordalsvågen Stranda-Liabygda Sykkylven-Magerholm Sølsnes-Åfarnes	9 times a day 45 times a day 32 times a day 30 times a day 30 times a day 56 times a day 36 times a day	40 mins. 35 mins. 25 mins. 15 mins. 15 mins. 15 mins. 15 mins.		fjord1.no fjord1.no fjord1.no fjord1.no fjord1.no fjord1.no

NB! Fares, times and number of sailings may be subject to change.



Express coach services in Fjord Norway

A national network which will carry you to your destination quickly and punctually in high standard coaches. No reservation necessary.

ROUTE/NAME	ITINERARY	INTERNET
NX 145 Møre-ekspressen	Fosnavåg-Volda-Stryn-Otta-Gardermoen-Oslo	www.nettbuss.no
NX 147 Nordfjordekspressen	Måløy-Nordfjordeid-Stryn-Otta-Gardermoen-Oslo	www.nettbuss.no
NX 170 Sogn og Fjordane ekspressen	Førde-Skei-Sogndal-Gol-Gardermoen/Oslo	www.nettbuss.no
NX 175 Hallingbussen	Geilo-Gol-Drammen-Oslo	www.nettbuss.no
NX 155 Mørelinjen	Ålesund-Molde-Surnadal-Trondheim	www.nettbuss.no
160/161 Valdresekspressen	Oslo-Fagernes-Beitostølen/Årdalstangen-Sogndal	www.nor-way.no
162 Øst-VestXpressen	Lillehammer-Fagernes-Lærdal-Flåm-Voss-Bergen	www.nor-way.no
180 Haukeliekspressen	Oslo-Åmot-Haugesund/ Bergen	www.nor-way.no
300 Sør-Vest ekspressen	Stavanger-Flekkefjord-Kristiansand	www.nor-way.no
400 Kystbussen	Stavanger-Haugesund-Stord-Bergen	www.nor-way.no
430 Fjordekspressen over Nordfjordeid	Bergen-Førde-Nordfjordeid-Volda-Ålesund	www.nor-way.no
431 Fjordekspressen over Stryn	Bergen-Førde-Stryn-Ålesund	www.nor-way.no
450 Sognebussen	Sogndal/Øvre Årdal-Lærdal-Aurland-Voss-Bergen	www.nor-way.no
Timekspressen	Volda-Ålesund-Molde-Kristiansund	www.timekspressen.no
Bus4you	Bergen-Lervik-Haugesund-Stavanger-Sandnes	www.nettbuss.no
Lavprisekspressen	Oslo-Kristiansand-Stavanger	www.lavprisekspressen.no

By car in Fjord norway

ROAD STANDARDS

Norwegian roads are better than you might think and you can get around without any problems. However you really should take a detour on one of the old, narrow roads instead of just taking the shortest route - a great way to discover the beauty of secluded spots.

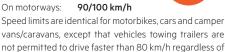
TRAFFIC REGULATIONS

Remember to respect all road signs/speed limits and take special note of the following: Dipped headlights are mandatory (also in daytime). Children under 4 must have a separate seat or safety net (babies). The use of safety belts is compulsory both in front and rear seats. Driving with alcohol in the blood is strictly forbidden and the blood alcohol limit is 0.2 ml/litre. In cars, drivers must use a handsfree device when talking on their mobile phone.

Speed limits

General speed limits are as follows: In built-up areas: 50 km/h

On open roads: 90/100 km/h On motorways:



Respect road signs/speed limits!



road standard.

Toilet/waste emptying stations for camper vans and caravans

Dumping refuse and emptying chemical toilets in the countryside is strictly forbid-

den. There are clearly signposted special toilet/waste emptying stations along the roads. Most campsites also provide such facilities.



ELECTRIC VEHICLE

Norway is a great destination to bring your electric vehicle (EV) with you. Here are a few tips you should know before

setting off on your Norwegian EV adventure.

Preparations:

Install the «ladenå»-app or similar on your mobile phone

- 2. Order Autopass
- 3. Bring your adapter
- 4. Get hold of an RFID-card for commercial charging stations

Electric cars are exempt from road tolls, can access free public charging in most cities, get reduced highway ferry rates and are allowed to drive in most bus lanes.

Useful websites:

Autopass.no/en/order-tag Elbil.no/ladekart

At www.elbil.no you will find detailed information about Road Tolls (Autopass), Parking, Ferries and Charging. Go to ladestasjoner.no for an overview over charging stations (Unfortunately in Norwegian only)

WINTER-CLOSED ROADS

FV13 Gaularfjellet road, normally open May to December.

EV55 Sognefjell Road, normally open May to October.

FV63 Geiranger Road, normally open May to end October.

FV63 Trollstigen Road open end of May - end of October

FV258 Old Strynefjell Road, normally open June to

FV520 Breiborg - Røldal, normally open June to

Ardal - Turtagrø/Tindevegen (private road) normally open from app. 5 May to 31 October.

Aurland - Erdal/Aurland Road/Snow Road (Sogn og Fiordane), normally open from 1 June to 15

Brokke - Suleskar (Rogaland), normally open from June to November.

The dates for the opening of winter-closed roads will depend on local weather and driving conditions.

In Norway 175 / From abroad +47 815 48 991

Some good advice for Fjord Norway

We recommend all visitors to include fjords, waterfalls, coasts and glaciers on their trip. Fiord arms and waterfalls are accessible virtually everywhere you travel in Fiord Norway, while glaciers are often a little more off the beaten track. Why not visit the offshoots of the Jostedalsbreen glacier at Briksdalsbreen near Stryn, Nigardsbreen in Jostedalen or Bøyabreen in Fjærland, a glacier arm which is literally right beside the main road. You should also try to get in some summer skiing, either on the Folgefonna glacier in Hardanger or at the Stryn Summer Ski Centre.

You should also experience the culture of Fjord Norway. Did you know that Bryggen (the Hanseatic Wharf) in Bergen and Urnes stave church in Luster are on UNESCO's World Heritage List? Did you know that an opera festival is held every year in Kristiansund, or that every June you can sit down at the world's largest herring table in Florø and eat the "silver darlings" to your heart's content? What about visiting the jazz festival at Voss, or the Gladmat food festival in Stavanger? Contact the local tourist information offices to find out what's on.



View Aurlandsfjorden

ROADS WITH NARROW, WINDING SECTIONS:

FV13 Bårddalen, Gaularfjellet, Sogn & Fjordane RV13 Lutsikrossen – Høle, Rogaland

FV48 Tysse - Eikelandsosen, Hordaland

FV50 Steine - county boundary Sogn & Fjordane/

Buskerud

FV55 Sognefjell Road, Fortun - the Sogn & Fjordane/Oppland county boundary

FV258 Ospeli - the Sogn & Fjordane/Oppland county boundary

FV503 Vikeså – Byrkdal, Rogaland

FV506 Røynåsen – Ålgård, Rogaland

FV511 Skudeneshavn – Kopervik on Karmøv.

Solheim – Skjoldastraumen, Rogaland FV513

FV520 Sauda - Røldal, Rogaland

FV550

Jondal - Utne, Hordaland FV569 Dalseid (junction with E16) - Eidslandet:

Not suitable for caravans!

Straumshamn - Volda, Møre og Romsdal FV651

FV655 Leknes – Tryggestad, Møre og Romsdal

FV661 Eidsvik – Tomra, Møre og Romsdal

FV63 Trollstigen Road - Eagle Road - Geiranger, Møre og Romsdal

Hauge i Dalane – Heskestad, Rogaland

Lysevegen road: Suleskar - Lysebotn, Rogaland

Aurland Road/Snow Road: Aurland - Erdal, Sogn og

Øvre Årdal - Turtagrø, Sogn og Fjordane

Fjord Norway TRAVEL INFORMATION

Accommodation

HOTELS

There are many different types of hotels in Fjord Norway, both in the towns and in the rest of the region. You can stay at small charming hotels or large chain hotels with all the facilities you need. Or how about staying at a grand old hotel steeped in history? The Historic Hotels and Restaurants are a collection of unique hotels where a stay is an experience in itself.

The vast majority of hotels have free Wi-Fi and breakfast is included.

Whether you want to stay near the big attractions or in scenic natural surroundings, you'll find a hotel that suits you.

HOLIDAY CABINS

Many kinds of cabins are available, depending on the price and standard you are looking for. A high-standard cabin usually contains a living room, one or more bedrooms, a well-equipped kitchen and a bathroom. Bed linen is normally available for rental. Contact cabin renters directly.

FISHERMEN'S-STYLE RORBU ACCOMMODATION

Rorbu is the Norwegian name for the small shacks that fishermen used to work and stay overnight in. Today, you can stay in traditional style in converted or new rorbu. They are mostly of high standard and consist of one or more bedrooms, a kitchenette and living room. Normally, all rorbu have showers and toilets. Prices vary, but they are always located by the sea or a lake.



CAMPING

Most campsites in Fjord Norway are of a high standard and make camping a fine way of experiencing Fjord Norway. The

campsites are assessed on the basis of the service and standard provided. Prices vary, but a 2-3 star campsite will charge approx. NOK 80 – 160 per caravan/tent per night and a 4-5 star site will cost approx. NOK 120 – 400. Most 3 star campsites have toilets and showers suitable for use by disabled people. Opening hours are usually between 7 a.m. and 11 p.m., but many large sites are open round the clock. Many campsites also have challets for rent.

See www.camping.no for more information.



Kvikne Hotel

Practical information



PICNIC AREAS

There are many good roadside picnic areas. They are intending for picnicking only, not for camping or overnight parking of camper vans.



TAX FREE

Persons resident outside Norway, Sweden, Finland and Denmark can take advantage of the tax-free system and receive a refund

of 12–19 % on leaving the country, depending on the purchase amount in each shop. Look for the Tax Free logo.



CREDIT CARDS

All the major credit cards can be used in Fjord Norway.



ALCOHOL AND TOBACCO - DUTY FREE QUOTA FOR PEOPLE TRAVELLING TO NORWAY

You can bring a tax free alcohol and tobacco quota with you when you have been abroad.

Type of goods	Amount
Spirits/liqueur etc. over 22% up to 60% alcohol by volume.	1litre
Wine etc. over 2.5% up to 22% alcohol by volume.	1,5 litre
Beer over 2.5% alcohol by volume (including strong beer), or alcopops etc. over 2.5% up to 4.7% alcohol by volume.	2 litre
Cigarettes or other tobacco (for example moist snuff)	200 cigarettes or 250 grams, or 1.5 litres of alcohol beverages over 2.5% up to 22% alcohol by volume.
Cigarette papers	200

The spirits quota can be replaced by 1.5 litres of either wine or beer, while the wine quota can be replaced by beer, a litre for a litre. Wine and beer cannot be replaced by stronger beverages.

- If you do not make use of the tobacco quota, you can bring in an additional 1.5 litres of beer, alcopops or wine.
- You can only replace the whole tobacco quota with alcohol.
- You cannot replace the alcohol quota with tobacco.

Wine and spirits can only be purchased in special off-licences in Norway, called 'Vinmonopol'. These off-licences are found in large population centres and towns. For more information and examples, see: www.toll.no



RIGHTS OF ACCESS - USING THE COUNTRYSIDE

Above all, Fjord Norway offers you unspoiled nature. You can roam freely as

long as you show consideration to landowners and other users. There is free access to all outlying land, i.e. land that is not cultivated or in the immediate vicinity of the landowner's house. Open fires are not permitted outdoors during the summer months. This also applies to Primus stoves. It is prohibited to empty toilets or other waste in the countryside or to drive motorised vehicles across land.



ELECTRICITY

220-volt alternating current is standard.



PETS

Norway is free of many contagious animal diseases and parasites that are common in other parts of the world. Therefore,

strict regulations apply to the movement of animals across the Norwegian border. Check the website of the Norwegian Food Safety Authority, Mattilsynet, for more information: **www.mattilsynet.no**. Prepare well before travelling to avoid problems at the border, and help keep Norway free of rabies and other animal diseases.



TELEPHONES

To make international calls from Norway, dial 00 and the appropriate country code and the telephone number. To call Nor-

way from abroad, dial the international dialling prefix for foreign calls in the country you are in, then 47 for Norway and the telephone number you want to call.



SMOKING

Smoking is prohibited in all public places, buildings and means of transport. All establishments that sell food or drink, discotheques, pubs, bars etc. are smoke-

free. The lower age limit for buying tobacco products is 18 years.



EMERGENCY NUMBERS

Emergency telephone numbers are toll free, also from pay phones.

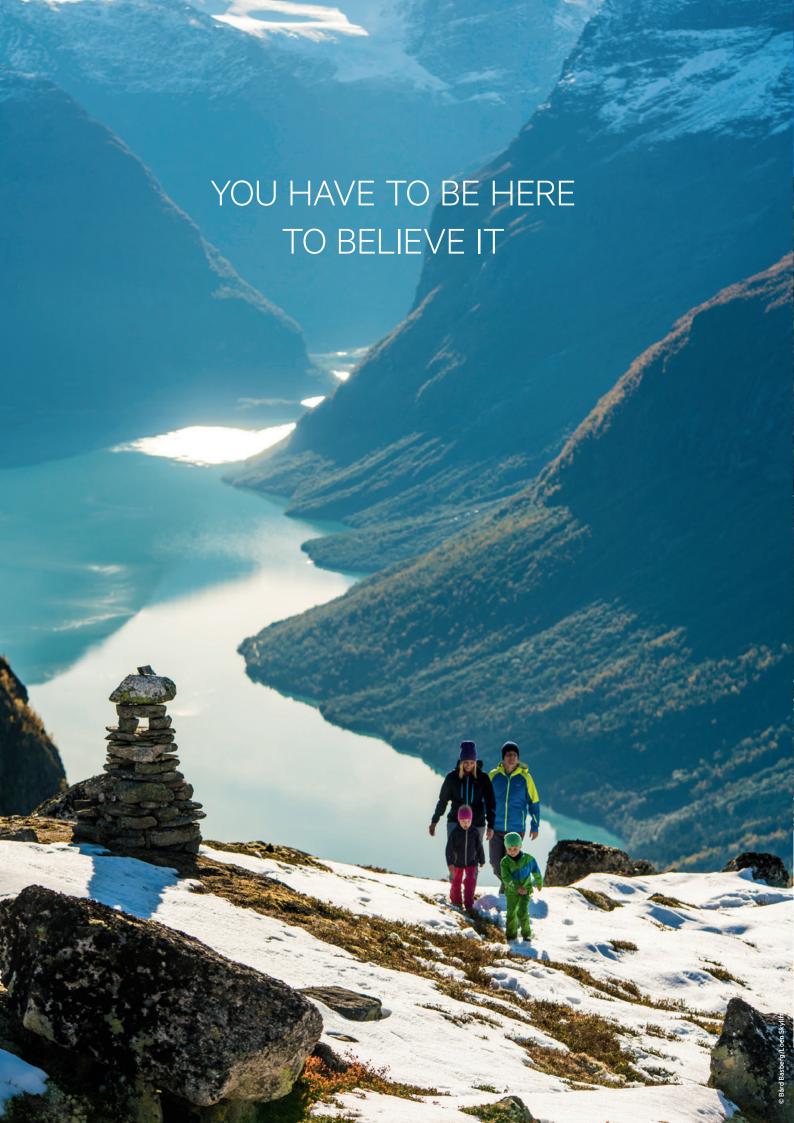
Fire 110 Police 112 Ambulance 113



TEMPERATURES

In Fjord Norway you have to be prepared for all kinds of weather and temperatures. Summers can be really hot with tempera-

tures reaching 30° Celsius, but you may also experience temperatures as low as 10° Celsius. If you're going to the mountains or on a boating trip, make sure you take warm windproof clothing with you.









FJORD CRUISE SOGNEFJORD

Kaupanger - Gudvangen

CAR FERRY ON THE UNESCO LISTED NÆRØYFJORD



BOOKING www.visitflam.com

Stavanger 6

30 September